



## **Sun Protection & Heatwave Policy:**

Ducklings Childcare Ltd recognises that children and babies have sensitive skin which can be easily damaged by the sun's UV rays. We also recognise the valuable experiences the outdoor environment has to offer children and babies. As a result we work as a team to ensure children remain safe in the sun whilst accessing the outdoor area.

### Protection

We operate an indoor/outdoor policy throughout the Nursery as often as possible. This ensures children have the choice of playing either indoors or outdoors throughout the majority of the day and activities are provided to engage children and enhance their learning experiences in both environments.

Extensive shaded areas are provided in all outdoor spaces and activities are provided under the shaded areas to encourage children to spend time there.

Seating is provided in shaded areas so children enjoy quiet times outdoors.

Children spend more time outdoors before 11.00 am and after 3 pm to ensure they are protected from the intense mid-day sun. In the height of summer children will remain indoors over the lunch time period.

Children are encouraged to wear hats whilst outdoors throughout the summer. We encourage staff to wear hats whilst outdoors to model good practice to the children in their care.

Parents are asked to provide sun cream with a high sun protection factor for their child, preferably one that lasts all day long which can be applied in the morning by the parent/carer before they arrive for their session. This is labelled with the child's name and stored safely within the rooms. A member of staff will apply the sun cream to every child before going outdoors to play. Written permission is sought from parents/ carers before applying sun cream.

Children will not be permitted to go outdoors to play without sun cream. Alternative activities will be provided for such children within the indoor environment.

### Education and Collaboration

Staff promote good sun safety practice throughout the nursery.



Information about sun safety is displayed throughout the nursery at relevant times of the year to provide information to parents and carers.

Planned age appropriate activities are included within the curriculum to ensure children understand the importance of staying safe in the sun.

We ensure staff are aware of the importance of protecting children from harmful UV rays.

### Heatwave Plan

Babies and young children are considered high risk in heatwave conditions. Children's susceptibility to high temperatures varies –

- Those who are overweight or who are taking medication may be at increased risk of adverse effects;
- Children under four years of age are at increased risk because young children produce more metabolic heat, have a decreased ability to sweat and have core temperatures that rise faster during dehydration;
- Some children with disabilities or complex health needs may be more susceptible to temperature extremes.

Ways we keep children safe in a heat wave:

- We do not over-dress babies or children;
- We encourage children to drink extra water;
- We ask parents to dress children for the weather – floppy hat, loose light coloured clothing, covered shoulders and feet;
- We offer children salads and food with high water content;
- We apply and reapply sun cream regularly through the day;
- On very hot days, we do not encourage children to take part in vigorous physical activity;
- We ventilate rooms as much as possible and use fans keep children cool. Cover windows with blinds to block the sun where possible.
- We turn off electrical equipment when not in use as they generate heat;
- We keep children cool by providing water play or cooling their necks with a damp flannel;
- When playing outside, the children stay in the shade as much as possible;



Actions to take if heat stress or heat exhaustion is suspected:

- Look out for signs of heat stress and heat exhaustion.
- Heat stress - children suffering from heat stress will show general signs of discomfort (including those listed below for heat exhaustion). These signs will worsen with physical activity or if left untreated and can lead to heat exhaustion or heat stroke.
- Heat exhaustion - signs of heat exhaustion include -
  - Irritability
  - Fatigue
  - Dizziness
  - Headache
  - Nausea
  - Hot, red and dry skin
- Heatstroke - sweating is an essential means of cooling and once this stops a child is at serious risk of developing heatstroke. Heatstroke can develop if heat exhaustion or heat stress is left untreated, but it can also occur suddenly and without warning.

The following steps to reduce body temperature should be taken at once:

- Move the child to as cool a room as possible;
- Sponge the child with cool, (not cold) water and, if available, place cold packs around the neck and in the armpits;
- Place the child near a fan.

If a child shows signs of confusion, follow the steps above. If a child loses consciousness, place the child in the recovery position and follow the steps above. In both cases, call 999 for emergency medical assistance.