

West Rise Nursery Sun Protection Policy

At West Rise Nursery we are totally committed to ensure the welfare and safety of every child in our care. Whilst we fully appreciate the benefits and joy the sunshine gives we are also aware of potential challenges to wellbeing and safety.

Skin cancer is one of the most common cancers in the UK. Most skin cancers are caused by the UV radiation from the sun; therefore, if we protect ourselves from the sun we can reduce the risks. Children and young people's skin is more delicate and can easily be damaged.

Sunburn in childhood can double the risk of skin cancer but damage to the skin cannot be seen immediately because skin cancer can take years to develop. Although fair-skinned people are more at risk from sun damage, sun protection is relevant to both fair and dark-skinned children.

This policy will be implemented throughout the year, but with particular emphasis in the warmer months.

At West Rise Nursery we acknowledge the importance of sun protection and want staff and children to enjoy the sun safely. We will work with staff and parents to achieve this by:-

Education – learning about sun safety to increase knowledge and influence behavior – these preventative measures are in place:

- Sun protection is discussed interactively with all children.
- Children engage in activities (painting, songs etc.) designed to promote sun safety behavior.
- Parents and guardians will be sent a letter explaining what we are doing about sun protection and how they can help at the beginning of the summer term and during summer holidays.

Protection and keeping safe – providing an environment that enables children and staff to stay in the sun – ongoing:

- When the sun is strong we will encourage children to sit/play in the shade where it is available.
- We will use a pop-up gazebo to provide instant shade.
- Children to have constant access to drinking water and are encouraged to drink plenty especially in hot weather.
- Fresh fruit can be another source of fluid.

Timetabling

- In the EYFS children will spend more time playing outside before 11:00am and after 2.00pm, and less time outside over lunch.
- Decisions will be made during extremely hot sunny days as whether children should be outside for play.

Clothing

- Children are required to wear hats (Legionnaire style) and cover the ears, face and neck between 11.00am and 2.00pm.
- We will provide hats to give to children who forget their own.
- Children are encouraged to wear tops that cover their shoulders (vest tops and strappy tops are discouraged).
- All staff to wear hats outside to reinforce role modelling.
- Children are allowed to wear UV protection sunglasses and parents are asked to give permission for this.

Sunscreen

- Parents are asked to apply sunscreen of a minimum of SPF 50+ and with a UVA rating of 4++++ upwards to give their child maximum protection from the sun's UVA rays. We ask that parents apply sunscreen BEFORE bringing their child to nursery.
- There are sunscreens on the market that can be applied just once a day so there is no need to bring a named sunscreen into nursery for your child.