

# **Sun Safety Policy**

## **Statement of intent**

Our setting believes in sun safety to ensure that children and staff are protected from skin damage caused by the harmful ultra-violet rays of sunlight.

## **Aim**

We aim to make children, staff and parents aware of the harmful effects of the sun and to educate the children to minimise the risks to their health.

## **Methods**

As part of our sun safety policy we will

1. Educate children throughout the curriculum about how to protect the skin from the sun.
2. Encourage children to wear clothes that provide good sun protection.
3. We will make fresh water readily available to all children and ensure they are drinking plenty.
4. Parents are required to apply sun cream before coming to nursery and to bring in labelled sun cream for staff to reapply should the need arise, parental permission for this will have been obtained on the registration form.
5. Outside play times will be monitored to avoid hot sun times.
6. Children will not be permitted to play outside without wearing hats and we will discourage sunbathing.
7. Shade will be made available when possible.
8. Encourage staff and parents to act as good role models by practising sun safety.
9. Remind children and parents about sun safety through newsletters, posters and stories.

Children suffering from heat stress will show signs of discomfort such as

Irritability, fatigue dizziness headache nausea and hot, red skin

If heatstroke is suspected, we will make the child as cool as possible and contact the parents; if necessary we will call for emergency assistance.