# Sun Safety Policy

## Policy Statement

At Elizabeth House, our paramount concern is the health, safety and wellbeing of our children. Recognising the potential hazards posed by the sun's ultraviolet (UV) radiation, we aim to ensure a sun-safe environment and foster an education that nurtures sun-safe habits.

## Aims of the Policy

* To shield children from the harmful effects of UV radiation.
* To provide an informative framework for staff, children and parents regarding sun safety.
* To promote and instill safe sun habits within the Elizabeth House’s community.
* To strike a balance between the benefits and risks of sun exposure.

## Appropriate Clothing

All children are required to wear named sun hats with broad brims while outdoors during sunny days. This is a uniform requirement and we operate a strict ‘no hat, no play’ policy. Children with inadequate sun hat protection will be kept indoors or in shaded garden areas.

## Suncream Application

Parents should select appropriate sunscreens by referencing credible sources such as the Cancer Research UK’s Sun Smart website.

Sunscreens, clearly labelled with the child’s name, must be provided. Parents are required to apply sunscreen before bringing their child to nursery, and staff will top up throughout the day as appropriate, normally at lunch time. Sunscreen permission records are located on the Famly app.

Sunscreens must be high-factor, broad-spectrum (blocking UVA and UVB rays) and suitable for the child’s skin type.

In case a child’s sunscreen is forgotten, Elizabeth House will provide a child-friendly, broad-spectrum sunscreen of at least SPF 50. Parents must consent to the use of Nursery sun cream via the Famly app.

## Shade and Hydration

A variety of shaded areas, such as canopies and tree shades, will be provided.

Infants will always stay in shaded areas where possible.

Increased water intake is encouraged during warm days. Water will be readily available both inside and outside. Children in Preschool are required to bring a named water bottle to nursery every day.

## Scheduled Outdoor Activities

The UV index will guide the outdoor activity duration.

Direct sun exposure will be minimised, particularly between 11am and 3pm on intense sun days.

## Education and Awareness

The importance of sun hats, sunscreen and increased fluid intake during sunny days will be emphasised to the children.

We'll incorporate sun safety topics into interactive discussions and learning activities.

All staff are encouraged to be sun-safe role models.

By adopting these guidelines, Elizabeth House aims to create a sun-safe environment where children can enjoy outdoor activities while staying protected from the harmful effects of the sun.

## Review

|  |  |
| --- | --- |
| Signed: | Cressida Munnery |
| Date: | July 2024 |
| Policy review date: | July 2025 |