

# **Blue Windmill Nursery**

## **Sun Safe Policy**

### **Statement of Intent**

At our setting, we are committed to ensuring that all children and staff are protected from the harmful effects of the sun. We recognise the importance of outdoor play and learning experiences whilst ensuring children are kept safe and healthy.

This policy has been developed in line with the requirements of the Early Years Foundation Stage (EYFS) safeguarding and welfare requirements, promoting children's good health, safety and wellbeing. It also incorporates current NHS guidance regarding sun safety and protection.

### **Aims**

We aim to:

- Protect children and staff from sunburn, dehydration and heat-related illness.
- Ensure children can enjoy outdoor play safely.
- Work in partnership with parents and carers to promote sun safety.
- Encourage children to develop good lifelong sun-safe habits.
- Meet Ofsted expectations regarding risk assessment, safeguarding, health and safety, and wellbeing.

### **Outdoor Play and UV Safety**

Children benefit greatly from outdoor play and fresh air. Outdoor activities will continue throughout the year wherever possible; however, staff will take additional precautions during warm weather and periods of high UV exposure.

Staff will:

- Check daily weather forecasts and UV levels where appropriate.

- Limit direct sun exposure during peak UV hours, particularly between 11am and 3pm from March to October.
- Increase access to shaded areas such as trees, canopies, parasols or gazebos.
- Adapt outdoor activities during very hot weather to reduce vigorous physical activity.
- Ensure children have regular opportunities to rest and cool down.
- Closely supervise children at all times outdoors.

Babies under 6 months will be kept out of direct sunlight wherever possible in accordance with NHS guidance.

### **Protective Clothing**

Parents and carers are asked to provide suitable sun-safe clothing during warm weather, including:

- Lightweight clothing that covers shoulders
- Sun hats with wide brims or neck protection
- Appropriate footwear
- Sunglasses if required

Where necessary, spare hats will be provided by nursery.

Staff will encourage children to wear hats whenever outdoors in sunny weather.

### **Sunscreen**

In hot weather, parents are asked to apply sunscreen to their child before attending the setting on sunny days and provide named sunscreen for reapplication.

The setting will:

- Request written parental permission during the registration process, to allow us to apply sunscreen.

- Reapply sunscreen regularly, especially during prolonged outdoor play or after water play.
- Ensure sunscreen is clearly labelled with the child's name if supplied by parents.
- Supply and apply Asda's own brand Factor 50 sunscreen in the event that parents have forgotten to bring their own.
- Staff will follow hygiene procedures when applying sunscreen.

Children will be encouraged, where age appropriate, to develop independence by helping to apply their own sunscreen under supervision.

## **Hydration**

To prevent dehydration:

- Fresh drinking water will be available at all times.
- Children will be encouraged to drink water regularly throughout the day.
- Additional water breaks will be provided during hot weather.
- Staff will monitor children for signs of dehydration or heat exhaustion.

## **Shade and Environment**

The setting will provide shaded areas outdoors wherever possible through:

- Canopies
- Parasols
- Natural shade
- Covered play spaces

Outdoor learning experiences may be relocated indoors or into shaded areas during periods of extreme heat.

## **Health and Safety**

Staff will remain vigilant for signs of:

- Sunburn
- Heat exhaustion
- Heatstroke
- Dehydration

Symptoms may include:

- Flushed skin
- Headache
- Dizziness
- Excessive tiredness
- Nausea
- High temperature

If a child becomes unwell due to heat exposure:

- The child will be moved to a cool shaded area.
- Parents/carers will be contacted.
- Medical advice will be sought where necessary.

In the event of severe symptoms, emergency services will be contacted immediately.

### **Role of Parents and Carers**

Parents and carers are asked to:

- Apply sunscreen before arrival where possible and bring in a named supply for reapplication at nursery.
- Provide named sunscreen and sun hats.
- Dress children appropriately for warm weather.
- Inform the setting of any allergies or skin sensitivities.

We will work in partnership with families to ensure consistent sun safety practices.

### **Staff Responsibilities**

All staff are responsible for:

- Implementing this policy consistently.
- Modelling positive sun-safe behaviour.
- Supervising children appropriately outdoors.
- Risk assess the methods by which children will be helped to keep cool during hot weather.
- Reporting concerns relating to heat or sun exposure.

## **Inclusion and Equal Opportunities**

We recognise that children have different skin types and varying levels of sensitivity to the sun. Sun safety measures will be applied to all children while taking individual needs, medical conditions and cultural considerations into account.