



## Sun Safety and Drinking Water Policy

We want staff and children to enjoy the sun safely. We will work with staff, pupils, parents and carers to achieve this by raising awareness.

Too much exposure to ultraviolet light (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of skin cancer. There is enormous potential for education settings to help prevent skin cancer in future generations and are central to protecting children's skin this is because:

- Some children attend nursery for a large number of days in the week.
- Most damage due to sun exposure occurs during the school years.
- Education settings can play a significant role in changing behaviours through role modelling and education.
- Children and staff are at risk of sunburn within 10-15 minutes of being exposed to strong sunlight.
- Children spend an average of 1.5 hours outside per day, this increases in the warmer weather.
- Skin cancer is largely preventable through behaviour modification and sun protection during early years.

The main elements of this policy are:

- **Partnership:** working with parents/carers, staff and the wider community to reinforce awareness about sun safety and promote a healthy setting.
- **Education:** learning about sun safety to increase knowledge and influence behaviour.
- **Protection:** providing an environment that enables children and staff to stay safe in the sun.

### Partnership

- Sun safety will be promoted through working with parents, staff and the wider community to improve our understanding and provision to avoid the harmful effects of too much exposure to ultraviolet light (UV).
- Staff should act as positive role models and set a good example by seeking out the shade whenever possible and wearing suitable clothing, hat and sunscreen.

### Education

Children are regularly reminded about the importance of 'Sun Safety'. This will emphasise the 5 S's of Sun Safety including:

- **SLIP SLOP SLAP** - to SLIP ON A T-SHIRT, SLOP ON THE SUNCREEN, SLAP ON A HAT.
- At appropriate times during the year children will be reminded about 'How to be Sun Safe'.
- Parents and Guardians will be asked to support this policy by encouraging their children to adopt the Slip, Slop, Slap message and act as role models.



- Children will be encouraged to use the shaded areas where possible.
- Children must bring a labelled water bottle to nursery which will be out at all times for them to access and staff will make sure they keep hydrated particularly in warmer weather.

#### Be SMART

- Stay in the shade between 11am and 3pm
- Make sure you never burn
- Always cover up – wear a t-shirt, hat and wraparound sunglasses
- Remember children burn more easily
- Then use sunscreen at least factor 15 as a minimum – recommended factor 50

#### Protection

##### Shade

- The nursery garden is mostly shaded by surrounding buildings. We have also installed a leaf shade to keep the children protected
- The availability of shade provision is considered when planning excursions and all outdoor activities.

##### Clothing

- The children will be encouraged to wear clothes that provide good sun protection
- The children will be encouraged to supply themselves with legionnaire or bucket style hats to protect their face, ears and back of their neck.
- Children's eyes are very sensitive to light. It is important therefore to protect their eyes by ensuring they wear wide-brimmed hats and sunglasses if possible.

##### Sunscreen

- Each child will be encouraged to supply themselves with sunscreen (minimum SPF 50, with broad spectrum UVA protection) this should be applied prior to nursery, but staff are happy to apply this if not.

##### Drinking Water

- Children are encouraged to increase their water intake in hot weather and are encouraged to drink water during the sessions. Every child should bring a labelled refillable water bottle to nursery every day.

##### What to do if a child gets sunburn

- The parent/carer will be notified.



The following is advised:

- Always consult a doctor if a child has been sunburnt.
- Consult a doctor if blisters or rash appear.
- Consult a doctor if the skin is very red and painful.
- Consider calamine lotion to cool sunburn.
- Cool the sunburnt area in tepid water (approximately 25c) for 30 mins to an hour.
- Be careful the child does not get cold.
- A pharmacist will be able to provide advice about after-sun products, some of which may be useful for cooling and re-moisturising the skin.

**Policy and Procedure reviewed by Gemma Turner June 2023**

**Date of next review:**