

3.11 Sun Care

Policy

This policy is adopted to ensure that all children attending the setting(s) are protected from skin damage caused by the harmful ultraviolet rays of the sun. This policy will be implemented throughout the year, with particular emphasis in the warmer months.

Procedures

The key person is responsible

Skin cancer is one of the most common cancers in the UK. Most skin cancers are caused by UV radiation from the sun; therefore, if we protect ourselves from the sun we can reduce the risks. Children & 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.

Staff responsibilities are as follows

- To teach children, as part of the curriculum, about sun safety and ways to protect their skin.
- To apply sunscreen to all children before children go outdoors & continue applications at appropriate times throughout the day e.g. after water play.
- To encourage the older children to apply sunscreen to their own arms and legs – under supervision.
- To encourage children to wear hats which protect their face, neck and ears.
- To encourage children without hats to play in a shaded area or use a sun hat.
- To schedule, whenever possible, activities before 11.00 am and after 3.00pm on very hot days.
- To set up outdoor activities in the available shaded areas.
- To encourage all children to play in the shaded areas.
- To act as role model.
- To wear appropriate hats and clothing outdoors.
- To use a SP Factor 50 sunscreen for skin protection.
- To seek shade wherever possible.
- To reinforce Sun Protection Policy through parent's newsletters, notice boards and meetings.
- The setting will provide sunscreen of at least factor 50+ with parents'/ carers permission.

Incorporating Sun Safety into daily routines

- Learning about being safe in the sun will help instil in children the basis for enjoying the sun safely throughout their life, encouraging them to know the risks and look after their friends to see if they are ok too.
- Teaching sun and heatwave safety also provides opportunities for children to begin developing communication skills, self-help, fine and gross motor skills. children will hear new vocabulary and see that you protect them.
- It is important to be aware that as well as protecting children's skin, the heat itself can cause many problems, particularly for young children with existing conditions such as asthma.

Parent and carers responsibilities are as follows

- To acknowledge and provide permission for the staff to apply sunscreen provided by the settings.
- To provide and encourage child/ren to wear clothing that covers their shoulders.
- To dress their child in light coloured clothes.
- To keep the provider informed of any skin conditions
- To provide a sun hat for their child whilst at the setting.
- To apply sunscreen to their child before arriving at the setting.
- When permission is not obtained parent/ carer would be required to provide their own sunscreen otherwise as a precautionary measure the child would remain indoors.
- When the parent/ carer has provided sunscreen, we recommend this to be factor 50+. The sunscreen should be labelled with the child's name and dated.

Permission(s) for applying sunscreen

- Parents and/or carers must provide information about their child's needs and keep this information up to date on their ParentAdmin account.
- Parents and/or carers notify the setting of any changes in writing using ParentAdmin and sends a notification alongside any relevant information/ supporting documentation. Here is the link: <https://uk.parentadmin.com/login.php> Once the parent/ carer has made their decision, the registration details are instantly updated so our team can follow the parents/ carer instructions.

Written permission must be obtained by the parent/ carer for:

- Applying sunscreen to a child/ren by our staff.
- Applying our own suitable sunscreen at least factor 50+ to a child/ren.

If written permission is not obtained by the parents and/or carers, then the setting reserves the right to not allow the child to be outside where they maybe at potential risk of being burnt.



Signs of heat exhaustion

Symptoms of heat exhaustion vary but include one or more of the following:

- tiredness
- dizziness
- headache
- nausea
- vomiting
- hot, red and dry skin
- confusion

Guidance on how to keep staff and children safe in the sun and during heatwaves at our setting

- Children learn by example so adults should practice sun safety every day.
- Staff use visual prompts, such as sun safety posters or displays, can help children to grasp new concepts.
- We limit children's time outside during the hottest hours (11am until 3pm) unless they are totally shaded, and during the rest of the day don't let them stay out for long periods of time.
- When children go outside on a hot day, we reduce the level of activity – promoting story-time or quieter activities such as creative, sand or water play.
- We keep lots of fresh, cool water available for children who can self-serve, not left out in the sun, ideally with lots of ice cubes to keep it cool. We give children a gentle reminders – '*have you had a drink recently?*'
- We have designated drink station setup in classrooms and outside. We offer everyone water throughout the day
- Staff are encouraged to drink plenty of fluids in front of the children to reinforce this behaviour.
- We encourage children and staff to wear their sun hats and sun cream – encourage the older ones to put it on themselves under supervision. We explain why this is important.
- We recommend the use of wide brimmed sun hats and loose-fitting clothing to parents for the children.
- Do take babies outdoors but keep them in the shade – however, we don't sit them directly on the floor if it's too hot to hold the back of your hand there for longer than five seconds.
- Some settings may use shelters, canopies or gazebos to give good shade in the middle of the day.
- If there are trees at the setting, our workforce make sure the shade is complete, not speckled, as children can still burn under speckled shade.
- Staff are mindful that pushchairs if left outside in the sun can also get very hot – keep them indoors or in the shade when not being used.
- We try to keep our setting as cool as possible, using ventilation, fans and by drawing the blinds against the strong sun if possible.
- Remember some children with SEND may be more at risk during the hot days.
- If any of the children are behaving differently to normal, or become floppy or unusually tired, cool them down with wet flannels, cold water, drinks and fans. If staff have any concerns contact a health professional. Seek advice from the manager immediately.

