



Eastlea Community Centre

Stockton Road, Seaham, County Durham, SR7 8DX

Children, Young People & Family Services



Tots 'R' Us Nursery

Sun Safe Policy

Last Updated: 23rd June 2020

Eastlea Community Centre – A Registered Charity: 1160391

Ofsted Registered Nursery: EY489173

Sun Safety Policy

Aim

At Tots 'R' Us Nursery we want staff and children to enjoy the sun safely. Our aim is for staff and parents/carers to work together to ensure that our environment is a safe and healthy place for everyone. Children may spend a lot of their time outdoors during the summer months and at this young age they are unable to take responsibility for their own sun protection.

Tots 'R' Us Nursery is committed to ensuring all staff are actively involved in the implementation of this policy, and that they consider the UV forecast and sun protection/control measures when planning outdoor play or activities.

Together with parents/carers, we want to take responsibility to ensure that the children are adequately protected from the harmful effects of the sun. Very young children have sensitive skin that can be easily damaged by the sun's dangerous ultra violet (UV) rays. Too much exposure to UV rays 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.

Although fair skinned people are more at risk from sun damage, sun protection is relevant to both fair and dark skinned children.

There is potential for nurseries to help prevent skin cancer in future generations because:

- Nurseries can play a significant role in changing behaviours through role modelling and education from an early age
- Children and staff are at risk of sunburn within 10-15 minutes of being exposed to strong sunlight
- 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, Nursery staff and the wider community to reinforce awareness about sun safety and promote a healthy Nursery
- **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 UV light
- 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
- Parents/carers must sign a permission form to give staff permission to apply sunscreen through the day
- The Nursery requests parents/carers apply sunscreen to their child/ren before they arrive for their morning or afternoon session, so that they are prepared to go out in the outdoor area with protection in place

Education

- Parents and carers will be asked through letters/newsletters to support this policy by encouraging their children to adopt the Slip, Slop, Slap message and act as role models
- Children will be taught the 'Slip, Slop, Slap' song which will help them remember the basic Sun Safe message

- Children will be read 'George the Sun Safe Superstar', an illustrated, rhyming story that educates children on the importance of sun safety and staff will regularly reinforce the sun safe messaging through discussion
- Children will be taught and encouraged to stay safe in the sun with the, 'No hat - play indoors' approach
- Using a rota system, we will select a different child each day to be the UV monitor, encouraging all children to take part and take turns
- We will display the daily UV level to engage the children and reinforce the importance of sun safety on a daily basis during warmer months

Protection

Shade:

- The Nursery outdoor area has shade provided by the building, outdoor canopy, outdoor cabin, trees and we have temporary structures i.e. gazebos, tent, etc. for use during outdoor play
- Children will be encouraged to use the shaded areas during playtimes when appropriate
- The Nursery routine may be changed on extremely hot days so the children are not outside during the hottest part of the day
- We conduct shade assessments to consider future needs and are committed to improving shade solutions where necessary. This is built into our annual risk assessment

UV Levels:

- We use the UVLens app to check UV levels each day prior to going outdoors
- We are committed to monitoring UV levels daily during warmer months to ensure appropriate sun safety measures are implemented when necessary
- We ensure sunscreen is applied when UV levels reach 3 or above, before periods of outdoor play/activities, and reapplied at least every 2 hours when required
- We encourage children to play in the shade as much as possible when UV levels reach 3 or above, particularly between peak UV hours (11am - 3pm)
- We monitor and limit time children spend outdoors according to UV levels and during peak UV hours (11am - 3pm)

Clothing:

- Parents/carers will be informed accordingly of the importance to provide the Nursery with appropriate sun hats for their child. We advise bucket or surfie style hats with a brim of at least 5cm for pre-school aged children
- Parents/carers will be informed accordingly to provide a labelled bottle of sunscreen as advised by the national skin cancer charity 'Skcin', which can be stored in the Nursery ready for the warmer weather
- The Nursery will provide spare appropriate sun hats as described above, and a high factor sunscreen (30+) which will be on site at all times
- The children will be encouraged to wear clothes that provide good sun protection

Drinking Water:

- Additional water is provided during the warmer months
- Children are encouraged to increase their water intake in hot weather and are encouraged to drink water during outdoor play times

Top Tips for parents and carers to ensure child safety in the sun

- Use shade. Keep babies in complete shade under umbrellas, trees, canopies or indoors
- Cover children up. Dress them in cotton clothing that is loose fitting with a close-weave like an over-sized long-sleeved-shirt or a sun suit specifically designed for children

- Don't put children in vest tops or sundresses if they are spending a lot of time outdoors, shoulders and necks get easily burned!
- Protect head, shoulders and necks. Use bucket or surfie style hats with a brim of at least 6cm (for primary school children and older) or 5cm (for pre-school children). The wider the brim the more skin will be shaded
- Buy good quality, wraparound sunglasses
- Apply a broad-band sunscreen correctly. Look for the 5 star rating when buying your sunscreen. 5 star products provide the best balanced protection against all UV rays. Use a factor 30+ sunscreen before children go outdoors and reapply once they are in the sun to be sure of good coverage. Think of applying sunscreen like painting a wall with a textured surface, where two coats are almost always required for satisfactory coverage. In the same way, two "coats of sunscreen" may be required for adequate protection
- Lots of the brands of sunscreen have special baby or toddler products, which are much gentler on the skin. Some sunscreens are coloured and make applying them fun. Test the sunscreen on a small area of the child's skin before using it to make sure there won't be any reaction.
- Don't forget shoulders, ears, nose and cheeks and tops of feet
- Always use waterproof sunscreen when children are swimming or playing outdoors with water
- Always reapply sunscreen after perspiring or after towelling
- Don't forget nursery times; remember playtimes and lunch-breaks. Give children a hat to wear at nursery, and, if they can't apply sunscreen at nursery cover their exposed skin with factor 30+ before they go
- Act as good role models and make adults set a good example when out in the sun.

Our setting will regularly monitor and review the effectiveness of this policy and will update the policy on an annual basis in-line with renewing our Sun Safety Nurseries annual accreditation.

SUN SAFETY POLICY



SETTING NAME: Tots'R'Us Nursery

DATE COMPLETED: 23/06/2020

REVIEW DATE: 23/06/2021

POLICY RATIONALE

Whilst we recognise that some sun is good for us, over-exposure to Ultraviolet Radiation (UVR) is an important safeguarding issue for pre-school settings. During the warmer months of the year, children are exposed to UVR from the sun, often when penetration is at its strongest (between 11am and 3pm). Without adequate protection, a child's delicate skin can easily burn, causing cumulative and irreparable damage. This can significantly increase their risk of developing skin cancer in later life. Skin cancer is the most common cancer in the UK with rates of the disease rising faster than any other cancer. 86% of skin cancers are caused by over-exposure to UVR, so it is almost entirely preventable. Sun exposure in the first 15 years of life contributes significantly to a person's lifetime risk of skin cancer, highlighting the importance of pre-school settings and parents working together, to increase knowledge and influence behaviours, to ensure children are protected against UVR and learn how to enjoy the sun safely.

This policy outlines our commitment to:

PROTECTION: providing an environment that enables children and staff to stay safe in the sun.

EDUCATION: learning about sun safety to increase knowledge and influence behaviour.

COLLABORATION: working with parents, the management structure and the wider community to reinforce awareness about sun safety.

CLOTHING & SUN HATS | RATIONALE & RECOMMENDATIONS FOR PARENTS

Clothing is one of the most effective barriers between our skin and the sun and should always be considered the first line of defence against UV exposure. Ideally clothing should cover as much skin as possible. Shoulders should always be covered as they can easily burn. A closer weave fabric will provide better protection and a UPF (ultraviolet protection factor) rated fabric will provide best protection.

Sun hats provided by both parents and pre-school settings should be:

- Either broad-brimmed, bucket style or legionnaire to adequately shade the face, neck, ears and cheeks.
- Baseball caps are not recommended because they do not provide shade to the neck, ears or cheeks.

OUR POLICY ON CLOTHING AND SUN HATS	IMPLEMENTING	PLANNING/ INVESTIGATING
We actively remind parents to ensure they provide an appropriate sun hat for use as required throughout the day	<input checked="" type="checkbox"/>	<input type="checkbox"/>
We make available additional/spare sun hats for all outdoor play / activities, in the event that a parent is unable to provide one	<input checked="" type="checkbox"/>	<input type="checkbox"/>
We ensure children wear their sun hat outdoors when UV levels reach 3 or above	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Baseball caps are not recommended and will be phased out	<input checked="" type="checkbox"/>	<input type="checkbox"/>
We use Sun Safe strategies to encourage children to cover up like 'No hat, play indoors'	<input checked="" type="checkbox"/>	<input type="checkbox"/>
We actively encourage parents to ensure children are dressed in suitable clothing and that shoulders are covered during warmer months. Sunglasses are optional.	<input checked="" type="checkbox"/>	<input type="checkbox"/>

SUNSCREEN | RATIONALE & RECOMMENDATIONS FOR PARENTS

Sunscreen should be applied to areas of exposed skin that are not covered by clothing to protect it from Ultraviolet Radiation. Without adequate protection, a child's delicate skin can easily burn, causing cumulative and irreparable damage. This can significantly increase their risk of developing skin cancer in later life.

It is recommended that all sunscreen provided by both parents and pre-school settings should be:

- A minimum Sun Protection Factor (SPF) 30
- Labelled 'Broad-Spectrum' to provide both UVA and UVB protection and labelled with a UVA symbol (minimum 4 stars)
- Applied generously to exposed skin 20 minutes before going outdoors when UV levels reach 3 or above
- ALL sunscreens should be reapplied at least every 2 hours and more often if sweating/towelling
- Sunscreen should be stored in a cool, dry, accessible place.
- Remember to check expiry dates as sunscreen becomes less effective over time. If an expiration date is not displayed, look for an open jar symbol which will have a number next to it (i.e. 9M or 12M) - that's the number of months you can safely use the sunscreen after opening.

OUR POLICY ON SUNSCREEN	IMPLEMENTING	PLANNING/ INVESTIGATING
We actively remind parents to provide a quality sunscreen for application during the day as required	<input checked="" type="checkbox"/>	<input type="checkbox"/>
We make available additional/spare sunscreen for all outdoor activities, in the event a parent is unable to provide their own. This sunscreen is available for parents to patch test upon request	<input checked="" type="checkbox"/>	<input type="checkbox"/>
We ensure sunscreen is applied when UV levels reach 3 or above, before periods of outdoor play / activities and reapplied at least every 2 hours when required	<input checked="" type="checkbox"/>	<input type="checkbox"/>

OUR POLICY ON SHADE	IMPLEMENTING	PLANNING/ INVESTIGATING
We currently provide shaded areas outdoors where children can congregate for outdoor play and activities	<input checked="" type="checkbox"/>	<input type="checkbox"/>
We conduct shade assessments to consider future needs and are committed to improving shade solutions where necessary	<input checked="" type="checkbox"/>	<input type="checkbox"/>
We encourage children to play in the shade as much as possible when UV levels reach 3 or above, particularly between peak UV hours (11am-3pm)	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Babies are always kept in the shade where possible	<input checked="" type="checkbox"/>	<input type="checkbox"/>
We monitor and limit time children spend outdoors according to UV levels and during peak UV hours (11am - 3pm)	<input checked="" type="checkbox"/>	<input type="checkbox"/>

OUR POLICY ON MONITORING UV	IMPLEMENTING	PLANNING/ INVESTIGATING
We are committed to monitoring UV levels daily during warmer months to ensure appropriate sun safety measures are implemented when necessary	<input checked="" type="checkbox"/>	<input type="checkbox"/>
A child each day is selected to be the UV monitor and we display the daily UV level to engage the children and reinforce the importance of sun safety on a daily basis during warmer months	<input type="checkbox"/>	<input checked="" type="checkbox"/>

OUR POLICY ON STAFF AND ROLE MODELLING	IMPLEMENTING	PLANNING/ INVESTIGATING
We ensure all staff role model good sun safety behaviors such as applying sunscreen and wearing a sun hat when UV levels reach 3 or above	<input checked="" type="checkbox"/>	<input type="checkbox"/>
We are committed to ensuring all staff are actively involved in the implementation of this policy and that they consider the UV forecast and sun protection/ control measures when planning outdoor play or activities	<input checked="" type="checkbox"/>	<input type="checkbox"/>

OUR POLICY ON SUN SAFETY EDUCATION	IMPLEMENTING	PLANNING/ INVESTIGATING
We are committed to educating children on the importance of sun safety and regularly reinforcing this during warmer months to influence behaviours and embed key messaging.	<input checked="" type="checkbox"/>	<input type="checkbox"/>

OUR POLICY ON INFORMING THE PARENT COMMUNITY	IMPLEMENTING	PLANNING/ INVESTIGATING
We communicate our policy and actively remind parents of the required support through a range of channels e.g. our website, newsletters, text messages, social media and staff meetings.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
We provide parents with sun safety and skin cancer awareness information to promote support and raise awareness of prevention and early detection across our parent/family community.	<input checked="" type="checkbox"/>	<input type="checkbox"/>

OUR POLICY ON HYDRATION	IMPLEMENTING	PLANNING/ INVESTIGATING
We are committed to ensuring children are kept hydrated with drinks, particularly water, available and encouraged regularly throughout the day, especially during warmer weather and physical activity.	<input checked="" type="checkbox"/>	<input type="checkbox"/>

REVIEWING OUR SUN SAFETY POLICY	IMPLEMENTING	PLANNING/ INVESTIGATING
Our setting will regularly monitor and review the effectiveness of this policy and will update the policy on an annual basis in-line with renewing our Sun Safe Nurseries annual accreditation	<input checked="" type="checkbox"/>	<input type="checkbox"/>