

50. SunSmart Sun Protection Policy

Version number	Dates produced & approved	Reason for production & revision	Author	Locations	Proposed next review date
V1.0	27/05/2023	New policy written in response to unseasonally hot weather. Includes an Appendix "Sunscreen application consent form"	K Coupe & E Roberts	Dropbox.com Website	June 2023

Statement of intent

North Nibley Pre-school acknowledges that early year staff have a duty of care to keep children safe and healthy. Children are cared for throughout the year and every season presents its own challenges: from March until October, Pre-school staff will ensure they consider sun safety, not only for the children in their care but for themselves also.

Background

Too much ultraviolet (UV) radiation from the sun can damage DNA in skin cells and cause cancer. In the UK almost 9 in 10 cases of melanoma skin cancer could be prevented by staying safe in the sun.

Sunburn, just once every two years can triple your risk of melanoma skin cancer. Anyone can get sunburn or develop skin cancer, but some people are at a higher risk and need to take more care in the sun, ie. those with

- skin that easily burns;
- light or fair coloured skin, hair or light coloured eyes;
- lots of moles or freckles;
- a history of sunburn;
- a personal or family history of skin cancer.

In the UK the sun's UV rays are strongest between 11am to 3pm. With the highest risk months being March to October. Although clouds block some UV rays, over 90% can still pass through light cloud and cause sunburn.

Cancer Research UK advocate that the best way to enjoy the sun safely and protect your skin is to use shade, clothing and sunscreen.

At the setting

During the months of April to September (the sun is most dangerous at this time of year), early years staff will regularly check the [UV index](#) via the www.sunsafeschools.co.uk website to find out how strong the sun is on any given day. If the index is 3 or above, the Play Leader will ensure that outside activities are be amended accordingly. For example:

- children will spend more time playing outside before 11am and after 3pm, and less time outside over lunch;
- when the sun is strong staff will encourage children to sit/play in the shade where it is available.

At North Nibley Pre-school our outside area offers the following protection:

- Shade from trees. However, staff are aware that when the wind blows, gaps in the branches and leaves can let UV through, and will keep a watchful eye on the children.
- A covered pergola – this is regularly checked to ensure that it is fit for purpose.

As the sun moves across the sky throughout the day, and shady spots move with it, staff will regularly check where the shade is to ensure that the children are still protected.

In extremely hot weather, the children will remain indoor with the windows open and the curtains drawn.

During the Summer term, staff will:

- endeavour to have a Sunsmart story time at least weekly – rotating the day to ensure that all children hear a story;
- all children will paint SunSmart pictures to reinforce the sun protection messages;
- add a SunSmart song to those we normally sing around this time of year;
- teach all children the “shadow rule” – which is simple and can be used anywhere in the world! Children will be asked to look at their shadow and if it is shorter than their height this means that the sun’s UV rays are strong;
- display the poster (see Appendix 2) widely at the setting.

During the Summer term, the setting will ask parents/carers to:

- ensure their child has a hat with them – wide-brimmed or legionnaire style – ensuring it shades their face, ears and neck – to give maximum UV protection;
 - North Nibley Pre-school does have a small number of nursery hats to give to children who have forgotten their own.
- apply sun cream to their child (SPF 30+) prior to them attending the setting and ensure that within the child’s bag there is a labelled bottle of sun cream¹ for reapplication. Staff will encourage children to reapply sun cream to themselves regularly during the day (to promote independence), supervising each child dependent on their age and stage of development;
 - we will ask parents/carers to complete the attached form (Appendix 1) giving staff permission to assist their child to reapply sunscreen during session time;
 - apply sunscreen to areas not protected by clothing, such as the face, ears, feet and backs of hands.
- dress their children in clothes that cover their shoulders and have long sleeves. Clothing should be loose-fitting² and darker in colour. The more skin that is covered by clothing, the better protection;
- make sure their child is wearing suitable shoes which they can walk in comfortably and do not hurt their feet. North Nibley Pre-school request that children are not sent in wearing flip flops as accidents can happen with these whilst the children are moving about the setting;

Setting staff will adhere to these requirements themselves, thus setting an example for the children.

North Nibley Pre-school will regularly monitor our progress and renew this policy biannually.

Further information

- Cancer Research UK SunSmart website : <https://www.cancerresearchuk.org>
- Met Office website ‘UV and sunhealth’: <https://www.metoffice.gov.uk>
- NHS website: ‘Sunscreen and sun safety’: <https://www.nhs.uk>

¹ Parents are asked to check the expiry date on the sunscreen before using it. Look for a symbol with the letter M and a number that shows how many months the sunscreen will last after opening.

² Materials with a close weave are best. To check – hold the material up to the light and check that you cannot see through the fabric.

- UK Health Security Agency Guidance [“Looking after children and those in early years settings during heatwaves: for teachers and professionals”](#).

Associated policies and procedures

- 4 Safeguarding children and child protection

Appendix 1: Sun Cream Application Consent Form

As children play regularly outside, it is important that they are protected from the sun. It is important that through the summer months all children have an application of sun cream applied to them before playing out in the sun. It is the policy of North Nibley Pre-school to gain parent/carer permission before applying sun cream to a child.

We advocate a sun cream factor of a minimum of SPF30+

Consent

Child's Name: Date of Birth:/...../.....

- I give permission for North Nibley Pre-school Early Years staff to supervise my child in the application of sun cream, and assist where necessary.
- I will ensure that a labelled bottle of sun cream is packed in my child's bag daily.
- I will ensure that my child has had sun cream applied before they attend the Pre-school
- I understand that I will need to provide suitable clothing for my child to wear in the summer months. For example:
 - a wide brimmed or legionnaire style sun hat;
 - longer sleeved tops;
 - longer shorts;
 - sensible sandals – no flip-flop style footwear.

Parent/Carer Name (please print):

Parent/Carer signature:Date:

**Please complete and return to Elaine Roberts, Play Leader
at North Nibley Pre-school as soon as possible.**

Countersigned by North Nibley Pre-school:

Date received:

How to enjoy the sun safely



Find shade

Take a break under trees, umbrellas or head indoors



Cover up

Wear a loose, long-sleeved top with a hat and sunglasses



Use sunscreen

On bits that aren't covered up. Use plenty with at least SPF 15 and a 4 or 5 star rating



Together we will beat cancer

