



SUN PROTECTION POLICY

Sun Protection

Too much exposure to ultraviolet (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer.

At Wise Owls we want all staff and children to enjoy the sun safely. We will work with staff, parents, and carers to achieve this through:

Education

- All children will be involved in a discussion, appropriate for their age and understanding, at the start of summer about sun protection and the risks.
- All staff will be educated on the importance of sun protection and the risks involved in not protecting both themselves and others.
- Parents and carers will be informed about our policy.
- Staff should always act as a positive role model and set a good example by seeking shade whenever possible, wearing appropriate clothing, and applying sunscreen.

Protection

- The nursery garden has shade provided with a sun sail and a tree. The sun sail blocks 96.5%-99% of UV rays offering strong protection.
- Children will be encouraged to use the shaded areas during garden time.
- Time spent in the garden is minimised during periods of extreme heat/sunshine. Children are kept indoors or in full shade when UV levels reach 6 or higher, particularly between 11am-2pm.
- The children will be encouraged to wear clothes that provide good sun protection (sun hats etc).
- Staff should wear hats when appropriate to act as good role models and to also demonstrate drinking plenty of water.
- Children are encouraged to increase their water intake in hot weather and are encouraged to do so in outdoor areas also. We set up water stations outside and maintain easy access to labelled water bottles in all rooms and encourage frequent water breaks.
- We offer cooling snacks such as fruit and cucumber to support hydration.
- Windows at the nursery have a tinted film which blocks 96.5%-99% of UV rays, offering protection whilst the children are indoors.
- We limit vigorous outdoor activities such as running and climbing during the hottest parts of the day.
- Staff will check surfaces such as slides, benches and mats to ensure they are safe to use and not too hot before use.
- Staff observe children closely for signs of overheating, such as tiredness, flushed skin or overheating.



- We keep babies and younger children out of direct sunlight and prioritise shaded or indoor spaces for their play.

Sunscreen/sun cream

- Parents should apply sun cream to their children before they come to nursery and staff will assist the child in re-applying it during the day.
- Sun cream application is logged on Family.
- Parents are asked to give permission for sun cream to be applied to their children via Family.
- Parents are welcome to supply sun cream for their child at the nursery for the duration of the summer. This cream must be clearly labelled with the child's name on it and kept in their bag.

Parents and Carers:

We ask that Parents and Carers send children to nursery with the following:

- A labelled water bottle
- A sun hat
- Light, breathable clothing
- A spare set of clothes in case of water play or overheating

Government guidance on looking after children in Early Years settings during heatwaves can be found here:

<https://www.gov.uk/government/collections/heat>

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