

Sun Safety Policy

Policy Statement

At The Acorn Nursery School, we are committed to ensuring that all children and staff are protected from the harmful effects of ultraviolet (UV) radiation. We recognise the importance of sun safety in reducing the risk of skin damage and promoting healthy habits from an early age. This policy outlines the procedures we follow to minimise sun exposure while enabling children to enjoy outdoor play safely.

Aims

This policy aims to:

- To protect children and staff from harmful UV exposure.
- To promote safe outdoor play practices.
- To educate children about sun safety in an age-appropriate way.
- To work in partnership with parents/carers to ensure consistent sun protection.

Sun Protection Procedures

1. Sunscreen Application

- Parents/carers are required to apply sunscreen to their child prior to arrival at nursery during the Summer Term (April–July) when the UV index is forecast to be 3 or above. This requirement applies irrespective of cloud cover, as harmful UV radiation can still reach the skin on overcast days.
- For children attending beyond 1:00pm, practitioners will reapply sunscreen.
- The nursery will provide a broad-spectrum sunscreen with a minimum SPF 50 and 5-star UVA protection rating. Please speak with your room leader if you would like more details about the product provided.
- Parents/carers will be informed in advance of this charge.

2. Allergies and Sensitive Skin

- Parents/carers of children with skin sensitivities must discuss this with their child's room leader.
- Suitable alternative sunscreen must be provided by the parent/carer.
- Any sunscreen provided **must not contain the ingredient *Prunus Amygdalus Dulcis (Sweet Almond) Oil*** due to allergy considerations within the setting.

3. Promoting Independence

- Older children will be supported and supervised to apply their own sunscreen to encourage independence and awareness of self-care routines.

Clothing and Protective Measures

- All children must bring a clearly named sun hat to nursery every day of the Summer term.
- Children should wear lightweight, loose-fitting clothing that covers shoulders where possible.
- At Forest School sessions, children are required to wear long-sleeved tops and long trousers/leggings regardless of temperature to provide additional protection.

Outdoor Play and Shade

- Outdoor play is an essential part of our curriculum; however, we take steps to minimise risk:
 - Direct sun exposure between 11:30am and 2:30pm is discouraged.
 - During peak UV times, children will be encouraged to play in shaded areas or indoors.
 - Shade structures, trees, and canopies will be utilised wherever possible.
- When UV levels reach a high level (typically UV index 3 or above), sunscreen use becomes essential for all children and staff outdoors.

Hydration

- All children must bring a clearly named water bottle to nursery every day.
- Children will have constant access to fresh drinking water.
- Regular drink breaks will be encouraged, particularly in warm weather.
- Staff will actively monitor children for signs of dehydration or overheating.

Staff Responsibilities

- Practitioners will ensure all sun safety procedures are followed consistently.
- Staff will model good sun safety behaviours, including wearing sun hats, sunglasses, and appropriate clothing.
- Staff will monitor children for signs of sunburn, heat exhaustion, or discomfort.
- Equipment and outdoor resources will be checked regularly to ensure they are safe to use and not overheated.

Partnership with Parents/Carers

- Parents/carers will be kept informed of sun safety practices and expectations.
- Clear communication will be provided regarding sunscreen use, potential charges, and clothing requirements.
- Parents/carers are encouraged to reinforce sun safety practices at home.

Health and Safety Considerations

- Outdoor activities will be adapted during extreme heat or high UV levels
- Risk assessments will be updated seasonally to reflect weather conditions
- Staff will follow safeguarding procedures if a child shows signs of heat-related illness

Monitoring and Review

This policy will be reviewed annually, or sooner if guidance changes, to ensure it reflects current best practice and remains effective in protecting children.