



Sun Care Policy

The nursery is committed to ensuring that all children are fully protected from the dangers of too much sun. Severe sunburn in childhood can lead to the development of malignant melanoma (the most dangerous type of skin cancer) in later life.

Procedures

The following guidelines are for the prevention and care of children in the sun:

- Parents are asked to bring in a clearly labelled sun hat for their child. Each year we send out reminder letters for this on approaching the spring/summer months.
- Children must have their own sun block cream named and dated with prior written consent for staff to apply.
- Children need light weight cotton clothing suitable for the sun, with long sleeves and long legs if prone to sun burn.
- Children should not take part in vigorous physical activity on very hot days, such as when temperatures are in excess of 30°C.
- Children will always have sun cream applied before going outside and at frequent intervals during the day if provided. (In accordance in line with manufactures guidance).
- Staff member will dispensible gloves when applying sun cream to children. They will wear a new pear for each child. Staff apply cream in the classroom before go outside.
- Children will always wear a sun hat when outside on sunny days if provided.
- Sun glasses are welcome in APCLC. Children need to protect their eyes from UV just as much as adults do. What marking should we look for on a good pair of sunglasses? : Non-prescription sunglasses must meet the British Standard BS EN ISO 12312-1*. Prescription sunglasses should also comply with BS EN ISO 12312-1:2013 and BS EN ISO 8980-3. All sunglasses should carry the "CE" mark. Parents/carers check the label and ask registered dispensing optician if you are unsure. **This standard superseded BS EN ISO 1836*
- Water is available for the children to drink outside on hot days.

- Children are made aware of the need for sun hats, sun cream and the need to drink more fluids during their time in the sun.
- Staff will make day to day decisions about the length of time spent outside dependent on the strength of the sun.
- Shade will be provided in the form of a gazebo to ensure children are able to cool down or escape the sun should they wish or need to.
- Baby room staff are to make sure the sun canopé is pulled across at all times when the babies are outside on hot sunny days.
- Carers of children with black/Asian skin should be aware these skin types can be very tolerant to sunshine. However it is important to remember that burning can still occur if living in Britain.
- Heat stress: Children suffering from heat stress may seem out of character, or show signs of discomfort and irritability (including those listed below for heat exhaustion). These signs will worsen with physical activity and if left untreated can lead to heat exhaustion or heatstroke.
- 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

*Heatstroke: When the body is exposed to very high temperatures, the mechanism that controls body temperature may stop working.

-Heatstroke can develop if heat stress or heat exhaustion is left untreated, but it can also occur suddenly and without warning.

-Symptoms of heatstroke may include:

- high body temperature - a temperature of or above 40°C (104°F) is a major sign of heatstroke
- red, hot skin and sweating that then suddenly stops
- fast heartbeat • fast shallow breathing
- confusion/lack of co-ordination • fits • loss of consciousness

Date - August 2021

Signed Manager –

Review - August 2022

Signed Director –