

Auchinairn Early Years Centre



Sun Safe Policy

Rationale

Whilst we recognise that some sun is good for us Too much exposure to ultraviolet (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contribute significantly to the lifetime risk of skin cancer.

Children are exposed to UV rays in the warmer months of the year especially when penetration is strongest between 11am and 3pm. This can significantly increase their risk of developing skin cancer. Auchinairn EYC is a Sun Safe centre and it is important to work alongside parents/carers to increase knowledge and influential behaviours to ensuring children are protected against UV rays.

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 in 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

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. 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.

Clothing

The children will be encouraged to wear clothes that provide good sun protection (sun hats etc)

Parents/carers will be duly informed of the importance to provide the nursery with the appropriate clothing/headwear

Staff should wear hats when appropriate to act as a good role model 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.

Water will always be available to children throughout the day from water dispensers which children will be able to access independently. (both indoors and outdoors)

Policy

At Auchinairn EYC we will:

- Staff will check the website: Met Office to get the daily UV ray readings
- Provide sun hats for all children that will protect their head and the back of the necks.
- Ensure children wear a sun hat when the UV rays are 3 and above
- We use sun safe strategies to cover up 'no hat, play indoors'
- Children wear sun cream when the UV rays are 3 and above
- Sun cream will be provided by the nursery unless parent has stated otherwise – A contribution of a yearly £5.00 to cover costs.
- Parents will complete a sun cream barrier form if child needs own cream.
- Parents of children that attend for a half day should apply sun cream to their child at home. For those children that attend for a full day, parents should apply cream to their children before they come to nursery and staff will assist the child in re-applying it during the day when necessary
- All sun creams bought/provided should sun cream must be in date and be a minimum factor 30 with a 5-star UVA rating (this is usually visible on the bottle).
- Sun cream will be applied to children at several points throughout the day
- Shaded areas are provided in the outdoor area
- We monitor and limit time spent in the sun when the UV is high
- Auchinairn EYC are committed to monitor the UV rays daily and change accordingly
- We ensure staff role model good sun safety behaviours by applying sun cream when necessary and wearing a sun hat when UV rays reach 3 and above

- We are committed to ensuring children are kept hydrated and water stations are set up throughout the playroom and outdoor area. Children are encouraged to drink regularly throughout the day

HGIOELCC: 2.1, 2.4, 2.5

UNCRC: Article 3

Quality Framework: 1.2, 1.4, 4.1

Health and Social Standards: 1.3, 1.12, 1.19, 1.24

Signed:

May 24