



## **SUN PROTECTION POLICY**

### **Safeguarding and Welfare requirements: 3.64**

At Forest Park Day Nursery and Preschool we want staff and children to enjoy the sun safely. Our aim is for staff and parents/guardians to work together to achieve this.

Very young children have sensitive skin that can be easily damaged by the sun's dangerous UV rays. Children may spend a lot of their time outdoors during the summer months and at this young age; they are unable to take responsibility for their own sun protection. Together with parents, we want to take responsibility to ensure that the children are adequately protected from the harmful effects of the sun. Although fair skinned people are more at risk from sun damage, sun protection is relevant to both fair and dark skinned children.

**There are five key points to be aware of about sun protection:**

- 1. Stay in the shade between 11am to 3pm.**
- 2. Make sure you never burn.**
- 3. Always cover up - wear a t-shirt, and a hat.**
- 4. Remember children burn more easily.**
- 5. Then use factor 30+ or above sun cream.**

### **EDUCATION**

- All children will have a story time about the importance of sun protection at the beginning of the spring/summer.
- All children will be encouraged to help make a poster to reinforce the sun protection message.
- The older children will be encouraged to learn the five key points to safe sun protection.

### **PROTECTION**

- Children at our nursery will spend more time playing outside before 11.00 am and less time playing outside during the very hot time of the day.
- We actively encourage all children to wear a hat when playing outside in the warm weather.
- We have a supply of spare hats to give to the children who forget their own.
- All parents/guardians are asked to supply sun cream for their child and for their permission for our staff to apply it. If sun cream is forgotten or it runs out, a permission form is signed by parents/guardians allowing us to use Boots Soltan Factor 30 sun cream on a child as protection from the sun is paramount.