



Sun safety policy

Purpose

The purpose of this policy is to protect all children, staff, and visitors from the harmful effects of the sun while promoting safe outdoor play. We recognise the importance of outdoor learning and are committed to ensuring children can enjoy outdoor activities safely throughout the year, particularly during periods of hot weather and high UV levels.

Scope

This policy applies to all children attending the setting, all members of staff, volunteers, students, and visitors.

Our Commitment

We will:

- Provide a safe outdoor environment that minimises the risk of sunburn and heat-related illness.
- Promote positive sun safety habits from an early age.
- Work in partnership with parents and carers to ensure children are appropriately protected.

Sun Safety Procedures

Clothing

Children should wear:

- Lightweight, loose-fitting clothing that covers the shoulders where possible.
- A wide-brimmed or legionnaire-style sun hat whenever outdoors during sunny weather.
- Suitable footwear for outdoor play.

If a child arrives without an appropriate hat, the setting will provide one where possible or encourage play in shaded areas.

Sunscreen

- Parents and carers are asked to apply a broad-spectrum sunscreen (minimum SPF 50) before bringing their child to the setting.
- Parents and carers should provide a clearly labelled sunscreen for their child if reapplication is required during the day.
- Staff will assist with reapplication where parental permission has been obtained.

- Sunscreen will be applied approximately 20 minutes before outdoor play where possible and reapplied according to the manufacturer's instructions, especially after water play or excessive sweating.

Shade

The setting will:

- Encourage outdoor play in shaded areas whenever possible.
- Use trees, canopies, parasols, or other shaded spaces during periods of strong sunshine.
- Avoid prolonged exposure to direct sunlight, particularly between 11:00 am and 3:00 pm when UV levels are highest.

Hydration

- Fresh drinking water will be available at all times.
- Children will be encouraged to drink water regularly throughout the day.
- Staff will monitor children for signs of dehydration.

Outdoor Activities

During periods of high temperatures:

- Outdoor activities may be shortened or moved to cooler parts of the day.
- More energetic activities will be limited during the hottest hours.
- Staff will regularly monitor weather forecasts and UV levels to inform daily planning.

Staff Responsibilities

Staff will:

- Model good sun safety practices.
- Ensure children wear appropriate hats and clothing.
- Encourage regular drinks of water.
- Monitor children for signs of overheating, dehydration, or sunburn.
- Follow the setting's procedures for sunscreen application.
- Record and report any concerns regarding a child's health.

Parent and Carer Responsibilities

Parents and carers are asked to:

- Apply sunscreen before arrival when appropriate.
- Provide a labelled sunscreen for their child if needed.
- Provide a suitable sun hat.

- Dress children in lightweight, weather-appropriate clothing.
- Inform the setting of any allergies or medical conditions relating to sunscreen products.

Children

Children will be encouraged to:

- Wear their sun hats during outdoor play.
- Drink water regularly.
- Play in shaded areas when encouraged.
- Learn simple sun safety habits through everyday activities and discussions.

Managing Heat-Related Illness

Staff will be vigilant for signs of:

- Excessive tiredness
- Dizziness
- Headache
- Nausea
- Flushed skin
- Confusion or unusual behaviour

If a child shows signs of heat exhaustion:

- Move them to a cool, shaded area.
- Encourage them to drink cool water.
- Remove excess clothing if appropriate.
- Cool the child using damp cloths or cool air.
- Contact parents/carers immediately.
- Seek emergency medical assistance if symptoms worsen or do not improve promptly.

Equality and Inclusion

All reasonable adjustments will be made to ensure every child can participate safely in outdoor activities while meeting their individual health, medical, cultural, and religious needs.

Monitoring and Review

This policy will be reviewed annually or sooner if legislation, guidance, or the needs of the setting change.