



SUN PROTECTION POLICY

Hyde n Seek Nurseries are 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 – skin cancer, in later life. Young skin is delicate and very easily damaged by the sun, therefore it is important that all children in our care are protected.

The following guidelines must be applied;

- Children must have a sunhat clearly labeled with their name
- Each child must have their own suncream above factor 15+, ideally SPF 30 or above, it should be named and dated when opened.
- Children need lightweight cotton clothing suitable for the sun, with long sleeves and long legs if the child is prone to sunburn
- Children are offered water more frequently throughout the day
- Staff will limit the time spent outdoors depending on the strength of the sun
- A gazebo or shaded area is provided to enable children a place to cool down should they wish to do so
- Sun protection is discussed with all children, teaching them safe sun habits to set a good pattern for later life
- Parents and Carers are informed of the importance of sun protection through information sent home in newsletters and the nursery website has a link to www.sunsmart.org.uk
- Children will always have sunscreen applied generously 15 to 30 minutes prior to going outside and at frequent intervals during the day, recommendations are every 2-3 hours
- Suncream will be applied to all exposed areas of skin including ears, back of neck and eye lids.
- During all month's sunscreen will be applied even on the cloudy days as UV still passes through and can damage the skin.
- Particular care will be given when going outdoors between 11.30am and 2.30pm being the hottest part of the day.

The UV index below indicates when protection should be applied to the skin. The UV can be found on the met office website daily and it indicates at certain parts of the day if protection is required. Staff will check the UV each time before going outdoors.



Babies and sun cream;

- Immobile babies will only wear sunscreen at the direction of parents. (under six months) It is our policy to ensure babies are not exposed to the direct sun. Babies are kept in the shade wearing hats and suitable clothing during outdoors.

This policy guidance is taken from the information detailed on; www.sunsmart.org and www.skincancer.org