

# Sunflowers Policies & Procedures

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## Sun protection & hot weather management.

**Keeping the children and yourself cool and safe in hot weather.**

The main priorities are :

- To keep the children (and yourself) safe from Sun Burn
- To keep the children (and yourself) hydrated.
- To keep the children (and yourself) cool and safe from heat exhaustion.

### Protection from the Sun.

**Our policy on Sun Protection has been prepared in consultation with SunSmart, Cancer Research UK & Sunsafe Nurseries. We are currently going through an accreditation to become a Sunsafe Nursery.**

Sunshine is essential to access vitamin D and also makes us happy. Spending time outdoors greatly enhances our wellbeing. At Sunflowers Day Nursery we want staff and children to enjoy the sunshine safely. We will work with staff and parents to achieve this through:

### EDUCATION

- Parents and carers are given a letter explaining our policy, what they need to provide for each nursery session and what can be done at home.
- We will talk to the children about sun protection and use circle time to promote it in a child friendly manner using resources from [www.sunsafenurseries.co.uk](http://www.sunsafenurseries.co.uk)
- We will actively promote healthy skin care in our curriculum.
- Each staff member will take the responsibility to ensure they are using this policy and have read and understood its contents. This will be reiterated each Spring Staff meeting or via an annual policy review.

### PROTECTION

#### **Shade:**

- Trees have been planted in the garden area which provide natural shade.
- We have two purpose built shaded areas where activities can be set up.
- We have various tents and sails which can be moved and put up to create shade.
- We can create further shade with cotton sheets and other breathable fabrics.

#### **Timetabling:**

- During the summer months children will spend more time playing outside before 11.00am and after 3.00pm, and less time in between. This will be decided by **Lead Practitioners** each day, taking into consideration the days weather and the UV rating. On very sunny days when a UV rating is above 5, the shaded areas will be predominantly used between 11.00am – 3.00pm.

#### **Clothing:**

- We will actively encourage children to wear hats when playing outside when the weather is sunny and the UV rating is above 3.
- We ask parents to provide a wide brimmed sun hat (or a legionnaire style cap) which has been clearly marked with their child's name.
- We will have a selection of spare hats in Nursery to give children who forget their own.
- Where appropriate staff will also wear hats to set a good example.

- Children should wear clothing which covers their shoulders.
- Wraparound sunglasses are suggested, ensuring the lenses have a UV filter.

#### **Sunscreen:**

- **Sunscreen should be worn when the UV rating is above 3. The UV rating can be confirmed each day on <https://www.sunsafenurseries.co.uk/uv-forecast/>**
- We ask that all children have had sunscreen applied **before** arriving at Nursery each morning.
- Each child has a section on their admission form detailing whether parents have given permission for Sunscreen to be applied.
- Nursery sunscreen will be available. This will be minimum factor 30. We will need permission to apply this. If a child requires a specific sunscreen, we will ask parents to supply this.
- Sunscreen will be applied at least 20 mins prior to the children going outside and will be reapplied throughout the day.
- Staff will communicate in the best way possible with regards to who has sunscreen on and who has applied it.

#### **Keeping the children & yourselves hydrated.**

Staff will ensure all children have access to a water bottle and that they are encouraged to drink from it regularly. Make 'drink times' for the children – where EVERYONE must take a drink. The bottles should be replenished with cold water at lunch time. We will make a list of who has had a drink and under who's supervision. Use fruits and other foods with a high-water content to ensure hydration throughout the day. Make sure the children have access to water after tea. – think about activities such a 'juice cocktail' making and mixing if you have very reluctant drinkers.

Make sure that you drink regularly throughout the day too – please use a water bottle or a cup. If you are drinking something other than water, please make sure that it has been transferred to a cup before bringing it into the room.

#### **Keeping the children cool.**

Develop strategies such as using fans, air conditioning units, using the outdoor learning areas, using the rooms at the front of the building (baby room/hallway) later on in the day if necessary as they are cooler. Make shaded areas in the garden. Adjust clothing as necessary and ensure the children drink plenty. Avoid activities such as dancing which make the children hotter. Think carefully about sleeping children – are the cool, is air passing through the room?

Using the buggy walk is also a good option in hot weather, it has trees for natural shade and is higher up so catches the breeze.

Be vigilant and watch out for signs of overheating.

# SUN SAFETY POLICY

SETTING NAME: Sunflowers Day Nursery

DATE COMPLETED: 30/06/2025

REVIEW DATE: 30/06/2026



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## POLICY RATIONALE

Whilst we recognise that some sun is good for us, over-exposure to Ultraviolet Radiation (UVR) is an important safeguarding issue for nursery settings. During the warmer months of the year, children are exposed to UVR from the sun, often when penetration is at its strongest (between 11am and 3pm). Without adequate protection, a child's delicate skin can easily burn, causing cumulative and irreparable damage. This can significantly increase their risk of developing skin cancer in later life. Skin cancer is the most common cancer in the UK with rates of the disease rising faster than any other cancer. 86% of skin cancers are caused by over-exposure to UVR, so it is almost entirely preventable. Sun exposure in the first 15 years of life contributes significantly to a person's lifetime risk of skin cancer, highlighting the importance of pre-school settings and parents working together, to increase knowledge and influence behaviours, to ensure children are protected against UVR and learn how to enjoy the sun safely.

**This policy outlines our commitment to:**

**PROTECTION:** providing an environment that enables children and staff to stay safe in the sun.

**EDUCATION:** learning about sun safety to increase knowledge and influence behaviour.

**COLLABORATION:** working with parents, the management structure and the wider community to reinforce awareness about sun safety.

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## ***CLOTHING & SUN HATS | RATIONALE & RECOMMENDATIONS FOR PARENTS***

Clothing is one of the most effective barriers between our skin and the sun and should always be considered the first line of defence against UV exposure. Ideally clothing should cover as much skin as possible. Shoulders should always be covered as they can easily burn. A closer weave fabric will provide better protection and a UPF (ultraviolet protection factor) rated fabric will provide best protection.

Sun hats provided by both parents and nursery settings should be:

- Either broad-brimmed, bucket style or legionnaire to adequately shade the face, neck, ears and cheeks.
- Baseball caps are not recommended because they do not provide shade to the neck, ears or cheeks.

OUR POLICY ON CLOTHING AND SUN HATS	IMPLEMENTING	PLANNING/ INVESTIGATING
We actively remind parents to ensure they provide an appropriate sun hat for use as required throughout the day	<input checked="" type="checkbox"/>	<input type="checkbox"/>
We make available additional/spare sun hats for all outdoor play / activities, in the event that a parent is unable to provide one	<input checked="" type="checkbox"/>	<input type="checkbox"/>
We ensure children wear their sun hat outdoors when UV levels reach 3 or above	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Baseball caps are not recommended and will be phased out	<input type="checkbox"/>	<input checked="" type="checkbox"/>
We use Sun Safe strategies to encourage children to cover up like 'No hat, play indoors'	<input checked="" type="checkbox"/>	<input type="checkbox"/>
We actively encourage parents to ensure children are dressed in suitable clothing and that shoulders are covered during warmer months. Sunglasses are optional.	<input checked="" type="checkbox"/>	<input type="checkbox"/>

### SUNSCREEN | RATIONALE & RECOMMENDATIONS FOR PARENTS

Sunscreen should be applied to areas of exposed skin that are not covered by clothing to protect it from Ultraviolet Radiation. Without adequate protection, a child’s delicate skin can easily burn, causing cumulative and irreparable damage. This can significantly increase their risk of developing skin cancer in later life.

It is recommended that all sunscreen provided by both parents and pre-school settings should be:

- A minimum Sun Protection Factor (SPF) 30
- Labelled ‘Broad-Spectrum’ to provide both UVA and UVB protection and labelled with a UVA symbol (minimum 4 stars)
- Applied generously to exposed skin 20 minutes before going outdoors when UV levels reach 3 or above
- ALL sunscreens should be reapplied at least every 2 hours and more often if sweating/towelling
- Sunscreen should be stored in a cool, dry, accessible place.
- Remember to check expiry dates as sunscreen becomes less effective over time. If an expiration date is not displayed, look for an open jar symbol which will have a number next to it (i.e. 9M or 12M) - that’s the number of months you can safely use the sunscreen after opening.

<b>OUR POLICY ON SUNSCREEN</b>	<b>IMPLEMENTING</b>	<b>PLANNING/ INVESTIGATING</b>
We actively remind parents to apply sunscreen to their child before they arrive at nursery.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
We make available additional/spare sunscreen for all outdoor activities, This sunscreen is available for parents to patch test upon request. Parents can provide their own sunscreen.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
We ensure sunscreen is applied when UV levels reach 3 or above, before periods of outdoor play / activities and reapplied at least every 2 hours when required	<input checked="" type="checkbox"/>	<input type="checkbox"/>

<b>OUR POLICY ON SHADE</b>	<b>IMPLEMENTING</b>	<b>PLANNING/ INVESTIGATING</b>
We currently provide shaded areas outdoors where children can congregate for outdoor play and activities	<input checked="" type="checkbox"/>	<input type="checkbox"/>
We conduct shade assessments to consider future needs and are committed to improving shade solutions where necessary	<input checked="" type="checkbox"/>	<input type="checkbox"/>
We encourage children to play in the shade as much as possible when UV levels reach 3 or above, particularly between peak UV hours (11am-3pm)	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Babies are always kept in the shade where possible	<input checked="" type="checkbox"/>	<input type="checkbox"/>
We monitor and limit time children spend outdoors according to UV levels and during peak UV hours (11am - 3pm)	<input checked="" type="checkbox"/>	<input type="checkbox"/>

<b>OUR POLICY ON MONITORING UV</b>	<b>IMPLEMENTING</b>	<b>PLANNING/ INVESTIGATING</b>
We are committed to monitoring UV levels daily during warmer months to ensure appropriate sun safety measures are implemented when necessary	<input checked="" type="checkbox"/>	<input type="checkbox"/>
A child each day is selected to be the UV monitor and we display the daily UV level to engage the children and reinforce the importance of sun safety on a daily basis during warmer months	<input type="checkbox"/>	<input checked="" type="checkbox"/>

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<b>OUR POLICY ON STAFF AND ROLE MODELLING</b>	<b>IMPLEMENTING</b>	<b>PLANNING/ INVESTIGATING</b>
We ensure all staff role model good sun safety behaviors such as applying sunscreen and wearing a sun hat when UV levels reach 3 or above	<input checked="" type="checkbox"/>	<input type="checkbox"/>
We are committed to ensuring all staff are actively involved in the implementation of this policy and that they consider the UV forecast and sun protection/ control measures when planning outdoor play or activities	<input checked="" type="checkbox"/>	<input type="checkbox"/>

OUR POLICY ON SUN SAFETY EDUCATION	IMPLEMENTING	PLANNING/ INVESTIGATING
We are committed to educating children on the importance of sun safety and regularly reinforcing this during warmer months to influence behaviours and embed key messaging.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
OUR POLICY ON INFORMING THE PARENT COMMUNITY	IMPLEMENTING	PLANNING/ INVESTIGATING
We communicate our policy and actively remind parents of the required support through a range of channels e.g. our website, newsletters, text messages, social media and staff meetings.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
We provide parents with sun safety and skin cancer awareness information to promote support and raise awareness of prevention and early detection across our parent/family community.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
OUR POLICY ON HYDRATION	IMPLEMENTING	PLANNING/ INVESTIGATING
We are committed to ensuring children are kept hydrated with drinks, particularly water, available and encouraged regularly throughout the day, especially during warmer weather and physical activity.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
REVIEWING OUR SUN SAFETY POLICY	IMPLEMENTING	PLANNING/ INVESTIGATING
Our setting will regularly monitor and review the effectiveness of this policy and will update the policy on an annual basis in-line with renewing our Sun Safe Nurseries annual accreditation	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Speak to Heather or Helen if you have any further concerns.

Adapted and reviewed March 2026 HCK