



## Sun care Protection Policy

At Rising Stars we are committed to ensuring that all children are fully protected from the dangers of too much sun/UV rays. Severe sunburn in childhood can lead to the development of malignant melanoma (the most dangerous type of skin cancer) in later life.

We follow guidance from the weather and UV level reports and use the following procedures to keep children safe and healthy in the sun:

- Children must have a clearly labelled sun hat which will always be worn whilst outside in sunny weather. This hat will preferably be of legionnaires design (i.e. with an extended back and side to shield children's neck and ears from the sun) to provide additional protection.
- The nursery will provide a bottle of Nivea, factor 50 sun cream, prior consent will be required to allow staff to apply throughout the day. If a parent requires a specific brand/sun cream this would need to be provided to the nursery. Staff must be aware of the expiry date and discard sunscreen after this date.
- Parents are requested to supply light-weight cotton clothing for their children suitable for the sun, with long sleeves and long legs.
- Children's safety and welfare in hot weather is the nursery's prime objective so staff will work closely with parents to ensure all appropriate cream and clothing is provided.
- Staff will make day-to-day decisions about the length of time spent outside depending on the strength of the sun; children will not be allowed in the direct sunlight between 11.00am – 3.00pm on hot days and will be encouraged to sit in the shade every 20 minutes for a water break.
- Children will always have sun cream applied before going outside in the hot weather and at frequent intervals during the day.
- Children are encouraged to drink water more frequently throughout sunny or warm days, and this will be accessible both indoors and out.
- Children are made aware of the need for sun hats, sun cream and the need to drink more fluids during their time in the sun.
- Constant reminders to provide sun hats in hot weather will be sent to parents/carers by newsletters and verbally.
- We ensure we gain parent consent to apply the sun creams on the children.