SUN CARE POLICY

POLICY STATEMENT:

Here at Happy Dayz Nursery 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.

HOW POLICY WILL BE IMPLEMENTED (Specific Policies & Procedures):

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

- Staff check the met office website for the UV index.
- When the UV is 0-2- safe to be outside
- When the UV is 3-7- seek shade and ensure sunscreen is applied as well as appropriate clothing.
- When the UV is 8 and above- avoid being outside, especially during midday hours.
- A daily UV chart is displayed in each room for all staff to see.

- Children must have a clearly labelled sun hat which will be worn at all times whilst outside in sunny weather. The setting does have spare sun hats should a parent/carer forget to bring one.
- Children must have their own labelled high factor sun cream (factor 30 or above) with prior written consent gained on your child's registration form for the staff to apply. This enables children to have sun cream suitable for their own individual needs. Staff must be aware of the expiry date and discard sunscreen after this date.
- If a child does not have their own suncream then staff will refer to the child's settling in form which will give information regarding consent for staff to use the settings suncream. Parents/carers are then reminded to provide their child's own sun cream when collecting their child at the end of the day.
- Sun cream is to be stored in a box In a cupboard out of reach of children.
- 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 always have sun cream of at least factor 30 applied before going outside in the hot weather and at frequent intervals during the day. This is recorded by staff for each child on sun cream application form which can be found in the office.
- Any child that has an allergy to or cannot receive certain brands of sun cream will be added to the Allergy/Medication chart which can be found displayed in each room for all staff to see.

- The following steps will be followed to apply sun cream to every child.
- Make sure the child's shoulders are covered.

- Cover exposed parts of the child's skin with sunscreen on very warm/hot days even if it is cloudy or overcast.
- Remember to apply sunscreen to nose, ears, cheeks and the tops of the feet
- Be especially careful of the back of the neck when children are playing, as this is a common area for sunburn.
- Children are encouraged to apply their own sunscreen if appropriate, under supervision.
- If the child is playing in water for long periods of time, re-apply sun cream to the child's skin where sun cream may have been rubbed or washed off.

- Children are encouraged to drink cooled 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
- Shade will be provided to ensure children are able to still go out in hot weather, cool down or escape the sun should they wish or need to.
- Water play will be encouraged during these hot times to cool children down

HEAT EXHAUSTION AND HEAT STROKE

Heat exhaustion is a condition caused by exposure to high temperatures, which can lead to dehydration, muscle cramps, dizziness, nausea and fainting. It can be prevented by drinking plenty of fluids, wearing loose clothing, avoiding alcohol and staying in cool places. If left untreated, it can progress to heatstroke, which is a life-threatening emergency.

Symptoms of heat exhaustion include:

- Clammy skin
- Dizziness
- Headache
- Muscle cramps
- Extreme thirst
- Excessive sweating (hyperhidrosis)
- Dehydration
- Fainting
- Nausea
- Vomiting
- Weakness
- Decreased urine output

Heat exhaustion does not usually need emergency medical help if you can cool down within 30 minutes.

Things you can do to cool someone down

- Move them to a cool place.
- Remove all unnecessary clothing like a jacket or socks.
- Get them to drink cool water.

- Cool their skin – spray or sponge them with cool water and fan them. Cold packs, wrapped in a cloth and put under the armpits or on the neck are good too.
- Stay with them until they're better.

They should start to cool down and feel better within 30 minutes.

If it turns into heatstroke, it needs to be treated as an emergency.

HEAT STROKE

If they are still unwell after 30 minutes of resting in a cool place, being cooled and drinking fluids

- Have a very high temperature
- Have hot skin that's not sweating and might look red (this can be harder to see on brown and black skin)
- a fast heartbeat, fast breathing or shortness of breath
- confusion and lack of coordination
- a seizure or fit
- loss of consciousness

Telephone 999 and request an ambulance.

Put the person in the recovery position if they lose consciousness while you're waiting for help.

Date of review: 11th August 2025

By – Natasha Adams and Emma Johns

Date of next review: August 2026