



Willowview ELC

Safe in the Sun Policy

This policy was adopted at a meeting of: Willowview ELC 20/1/2025

On: ..21st May 2025.....Review Date: .. May 2027.....

Signed ..Gillian McDougall

Designation... Head of Centre ...

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This policy is underpinned by the UNCRC and Health and Social care Standards as reflected below.

Articles of the UNCRC (the UN Convention on the Rights of the Child)	
Article 3	The best interests of the child must be a top priority in all decisions and actions that affect children.
Article 12	Respect for the views of the child.

Health and Social Care Standards: My support, my life (Health and Social Care Standards - My support, my life.)	
1.0	I experience high quality care and support that is right for me.
2.11	My views will always be sought and my choices respected, including when I have reduced capacity to fully make my own decisions.
3.1	I experience people speaking and listening to me in a way that is courteous and respectful, with my care and support being the main focus of people's attention.

4.11	I experience high quality care and support based on relevant evidence, guidance and best practice

Rationale

At Willowview ELC being in the Outdoors is a priority in promoting Health and Wellbeing and as we have a large outdoor space it is important that we protect children from the sun. Both children and staff should apply sunscreen, and are advised and encouraged to wear protective clothing, drink water, and stay in the shade as far as possible. Babies and young children can become ill during very hot weather. Their health can be seriously affected by:

- dehydration
- heat exhaustion and heatstroke
- sunburn

Staff will role model sun safety with the children. We Aim to strike a balance between sun protection and getting enough vitamin D from sunlight.

Aim

- To adhere to and use safe guidance to help protect children and adults from too much sun.
- To raise awareness with parents the importance of applying sunscreen to protect their children from too much sun.
- To include the children in helping to protect themselves as well as being in the outdoors and to recognise when they require another application of sunscreen.

Sunscreen

Sunscreen should be applied at least 30 minutes before the children go outside. We will encourage parents to apply the first application the cream at home or in the nursery before the children start their session. A record of when children have had their first application of sunscreen on will be taken and again after lunch. When the cream is to be applied by the setting, a consent form will be signed by the parent. Parents can either provide sunscreen for their own child or we can provide sunscreen for the children and this can be applied after parental approval. Sunscreen is also available for adults.

Staff should record when the cream was applied to ensure correct procedures in relation to the application of the sunscreen are being followed.

Sun Protection Factor (SPF)

The most important information on sunscreen is the SPF (which shows how strong the protection against UVB is), and star rating (which ranks the level of UVA protection). When the sun is strong, spend time in the shade, cover up with clothing and use sunscreen a sun protection factor (SPF) of at least 30 to protect against UVB and at least 4-star UVA protection

You won't get the level of the protection on the bottle **unless you put enough sunscreen on**. An adult needs about two teaspoonful's to cover their face and upper arms. It's also important to reapply sunscreen regularly – it rubs, sweats, and washes off easily, plus you may well have missed bits.

Sun safety guidelines

In the UK, the sun's ultraviolet (UV) rays are the strongest between 11am and 3pm from mid-March to mid-October. During this time, the sun may be strong enough to cause damage.

At Willowview ELC we will take extra care to protect the skin by:

- Spending time in the shade, especially between 11am and 3pm
- Not spending any longer in the sun than you would without sunscreen
- Covering up with clothes, wide-brimmed hats, and UV protection sunglasses.
- Using a sunscreen with at least SPF30 and 4 or 5 stars.
- Generously applying to areas not protected by clothing, such as the face, ears, feet, and backs of hands. (If sunscreen is applied to thinly, the amount of protection it gives is reduced)
- Reapplying sunscreen regularly which will be used together with shade and clothing. (It is recommended to reapply every 2 hrs)
- Reapplying after water play as water washes sunscreen off even if the sunscreen is water resistant
- Checking expiry dates as most sunscreens have a shelf life of 2 to 3 years.

Appropriate Clothing

Children should be encouraged to wear clothing that provides good protection from the sun, for example, sun hats, long sleeved tops or sunglasses. Information in relation to sun awareness and protection is given to parents in children's induction with guidance on a summer kit for children and what type of clothing they will require to play outdoors in the summer.

Outdoor Activities

Outdoor activities will be held in the shade and in screened areas as far as possible. The setting will try to avoid being outdoors in the middle of the day and children will be encouraged to drink water regularly. Children who do not wish to go outside should be allowed to stay indoors. Children wishing to return indoors to the playroom from outside should be able to do so.

Links to Sun Safety

Sunscreen and sun safety

<https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

Vitamins for children

<https://www.nhs.uk/conditions/baby/weaning-and-feeding/vitamins-for-children/>

Keeping your baby safe in the sun

<https://www.nhs.uk/conditions/baby/first-aid-and-safety/safety/safety-in-the-sun/>

Sunburn

<https://www.nhs.uk/conditions/sunburn/>

Skin at work: Outdoor workers and sun exposure

<https://www.hse.gov.uk/skin/sunprotect.htm>

Sun, UV and cancer

<https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/sun-uv-and-cancer>

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