



**For the purposes of this document, Laura Green Trust, which is the governing body of Greenshoots Pre-School and Wraparound Care is hereafter referred to as Greenshoots.**

## **Sun Safety Policy**

### **Policy Statement**

Laura Green Trust believes that the health and safety of children is of paramount importance and this includes their safety in the sun. We make our setting a safe and healthy place for children, parents/carers, staff and volunteers. We aim to make children, parents/carers and staff aware of health and safety issues and to minimise the hazards and risks to enable the children to thrive in a healthy and safe environment.

All members of staff are responsible for health and safety in the setting. They will take positive steps to promote training and regularly update their knowledge and understanding, making them competent to carry out these responsibilities.

### **Procedures**

The setting has procedures in place to keep children safe outside in sunny, warm weather as staff are aware that young children can become ill during very hot weather and their health can be seriously affected by:

- dehydration
- heat exhaustion
- heatstroke
- sunburn.

Practitioners will keep children safe in the sun by:

- minimising the time children are out in the sun, especially when the sun is at its strongest (11am to 3pm)
- keeping children in the shade and out of the sun whenever possible
- applying high factor sunscreen to children regularly and at least 20 minutes before children go outside (provided free of charge)
- encouraging children's independence when applying sunscreen and where age appropriate support the child in apply their own
- reapplying sunscreen to children after water play
- encouraging parents to provide loose fitted long sleeved clothing and a sun-hat, preferably one with a wide brim or a long flap at the back, that will protect a child's head and neck from the sun
- ensuring children drink plenty of fluids so they don't get dehydrated.
- protect children's eyes with sunglasses that meet the British Standard (BSEN 1836:2005) and carry the CE mark – check the label

The Greenshoots children are all given a legionnaire style hat when they join the setting and are encouraged to bring their hat with them on sunny days. The children also have access to spare hats should they forget to bring theirs in.

The Greenshoots children have access to spare loose fitted long sleeved tops if needed for protection from the sun.

The Greenshoots children also have access to the provision sun cream providing permission to use it has been granted by their parent / carer. Staff will record each time they apply sun cream to each child and at what time of the day it was applied in the setting's 'Sun Cream Log'. Parents/carers will be informed at the end of each session.

### **Procedures for use of the provided sun cream and procedures for children who do not have their own sunscreen**

When a new child joins the setting their parents / carers are asked to sign a written permission form to use the provision's sun cream. Details of the specific sun cream are provided so that parents can advise on any allergies the cream may cause. The setting will use a known brand of sun cream designed for use by children. Permission to apply the provision's sun cream is reviewed annually with parents / carers.

If parents have given permission for the provision sun cream to be used on their child then the setting will use it as needed and in accordance within recommend guidelines. However if permission to use the provision sun cream has not been granted then the setting will ask the parents / carers to provide them with a suitable sun cream for their child which is clearly labelled with the child's name.

If the setting is not provided with a suitable sun cream then they will contact the parent / carer to ask if they can provide the cream as soon as possible. If the cream is needed for that day then the setting would ask the parent / carer if they could bring a suitable cream to the setting or if permission to use the provision sun cream can be granted until a suitable cream can be provided by the parent / carer. Permission to use the provision sun cream will depend on the reason permission was not granted upon admission to the setting e.g. because of an allergy to the ingredients. If permission to use the setting sun cream cannot be granted and a suitable sun cream cannot be provided the parent / carer then the child may be kept inside for their own safety. Staff will monitor when or if it is safe for the child to be outside without protection and will liaise with the parent / carer.

### **Practice safety in the sun – heat wave procedures**

The setting will ensure:

- children are given free access (in and outdoors) to cold drinks throughout the day
- children drink plenty of fluids so they don't get dehydrated.
- children are regularly reminded to take frequent drinks and the importance of doing so
- extra care is taken during periods of physical activity, e.g. sports events

- direct sunlight and the hottest parts of the day between 11.00 and 3.00 are avoided
- shaded areas are provided and seating and resources are moved to these areas
- children wear sunhats (ideally wide-brimmed or legionnaire style)
- practitioners wear sunhats to act as role models
- children are encouraged to wear tops that cover their shoulders and are loose-fitting
- children are permitted to wear UV protective sunglasses
- sun cream is regularly applied to children (minimum factor SP 15+ with parental permission)
- the indoor environment is kept as cool as possible by drawing curtains/blinds on windows in direct sunlight and by opening windows
- children and parents/carers are supported to understand the importance of sun protection
- there is a sun protection policy which is shared with parents and carers
- practitioners are aware of the signs of heat exhaustion and other sun/heat related conditions.

Useful information on which children are most at risk and the signs and symptoms of heat stress, exhaustion and stroke can be found at the following sites:

NHS advice on sun safety: <https://www.nhs.uk/conditions/pregnancy-and-baby/safety-in-the-sun/>

Public Health England Guidance on the health risks from heat and how to avoid these: [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/428850/Looking\\_After\\_Children\\_Heat\\_PHE\\_AC\\_AB\\_Publications\\_M-P\\_JRM\\_FINAL.PDF](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/428850/Looking_After_Children_Heat_PHE_AC_AB_Publications_M-P_JRM_FINAL.PDF)

NICE guidelines for skin cancer prevention: <https://www.nice.org.uk/guidance/PH32>

Staff are aware that children's susceptibility to high temperatures varies; those who are overweight or who are taking medication may be at increased risk of adverse effects of high temperatures. Children under four years of age are also at increased risk. Some children with disabilities or complex health needs may be more susceptible to temperature extremes. Staff will take extra care to monitor children who fall into these categories.

### **Actions to take if heat stress or heat exhaustion is suspected**

Practitioners will look out for signs of heat stress and heat exhaustion.

### **Heat stress**

Children suffering from heat stress will show general signs of discomfort (including those listed below for heat exhaustion). These signs will worsen with physical activity or if left untreated and can lead to heat exhaustion or heat stroke

### **Heat exhaustion**

Signs of heat exhaustion include the following:

- irritability
- fatigue
- dizziness
- headache
- nausea
- hot, red and dry skin.

## **Heatstroke**

Sweating is an essential means of cooling and once this stops a child is at serious risk of developing heatstroke. Heatstroke can develop if heat exhaustion or heat stress is left untreated, but it can also occur suddenly and without warning.

The following steps to reduce body temperature should be taken at once:

- move the child to as cool a room as possible
- ensuring children drink plenty of fluids so they don't get dehydrated.
- sponge the child with cool (not cold) water and, if available, place cold packs around the neck and in the armpits
- place the child near a fan.

If a child shows signs of confusion staff will follow the steps above. If a child loses consciousness staff will place the child in the recovery position and follow the steps above. In both cases, staff will call 999 or 112 for emergency medical assistance.

If sensible precautions are taken children are unlikely to be adversely affected by hot conditions.

This policy was adopted on: \_\_\_\_\_

Signed on behalf of Laira Green Trust - Greenshoots Pre-school and Wraparound Care

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