

## 04. Health procedures

### 04.7 Sun Protection

Too much exposure to ultraviolet (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contribute significantly to the lifetime risk of skin cancer.

At Lymington Centre Pre-School we want all staff and children to enjoy the sun safely. We will work with staff, parents, and carers to achieve this through: -

#### **Education**

- All children will be involved in a discussion, appropriate for their age and understanding, at the start of summer about sun protection and the risks.
- All staff will be educated in the importance of sun protection and the risks involved in not protecting both themselves and others.
- Sun safety will be promoted through working with parents, staff, and the wider community to improve our understanding and provision to avoid the harmful effects of too much exposure to UV. Staff should always act as a positive role model and set a good example by seeking shade whenever possible, wearing appropriate clothing, and applying sunscreen.

#### **Protection**

- The Pre-School Garden has some shade provided with an outdoor shelter.
- Children will be encouraged to use the shaded areas during playtimes when appropriate.

#### **Clothing**

- Children should wear clothes that provide good sun protection, shoulders and backs of necks should be covered, not strappy tops or dresses.
- Parents must provide their child with a sun hat to stay at Pre-School in the child's drawer. throughout the year.
- If sunglasses are worn by both staff and children, they must be to CE Mark and British Standards mark 12312-1:2013E.
- Staff should wear hats when appropriate to act as a good role model and to also demonstrate drinking plenty of water.
- Children are encouraged to increase their water intake in hot weather and are encouraged to do so in outdoor areas also.
- Water will always be available to both children and adults throughout the day from either sports bottles or water dispensers which children will be able to access independently.
- Children will not be allowed in the garden between 11.30 am and 1.30 pm, during hot days, this maybe longer depending on the weather.

## **Sun Cream**

- Parents of children that attend for a half day should apply sun cream to their child at home at least 30 minutes before to allow the sun cream to reach its full effectiveness. For those children that attend for a full day, parents should apply cream to their children before they come to Pre-School and staff will assist the child in re-applying it in the afternoon.
- Parents are asked to give written permission for sun cream to be applied to their children.
- Parents must provide the Pre-School appropriate sun cream for their children, the sun cream must be in date, and be a minimum factor 30 (SPF).
- Parents whose children do full days must leave the sun cream at Pre-School for the duration of the summer and it must be clearly labelled with the child's name on it.