

## Chard NNI & Schools Out

### Health Procedures - Sun Cream



Clare House is committed to ensuring that all children are fully protected from the dangers of too much sun. Severe sunburn in childhood can lead to the development of malignant melanoma (the most dangerous type of skin cancer) in later life. We have used information from Cancer Research UK and Sun Smart to ensure that the children within our care are kept safe in the sun at all times.

We use the following procedures to keep children safe and healthy in the sun:

- SUN CREAM MUST BE APPLIED BEFORE NURSERY SESSION BY PARENT/CARER
- ADDITIONAL SUNCREAM WILL BE REAPPLIED AT LUNCH FOR THOSE CHILDREN STAYING FOR A WHOLE SESSION OR IN ACCORDANCE TO YOUR CHILD'S INDIVIDUAL NEEDS.
- Children must have their own high factor sun cream spf 30, which needs to be named and dated with prior written consent for staff to apply, this enables children to have sun cream suitable for their own individual needs. Cream will be discarded after 12 months, Clare House will hold a spare bottle of Niva Factor 50 sun cream for emergency use only.
- Children must have a clearly named sun hat which will be worn at all times whilst outside in sunny weather. This hat will preferably be of legionaries design (i.e. with an extended back and side to shield children's neck and ears from sun) to provide additional protection
- Children need light-weight cotton clothing suitable for the sun, with long sleeves and long legs if prone to sunburn
- Children's safety outside in the sun is the nursery's prime objective so staff will work closely with parents to ensure all appropriate cream and clothing is provided
- Children are offered cooled water more frequently throughout sunny or warm days
- 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
- Staff will make day-to-day decisions about the length of time spent outside dependant on the strength of the sun with the use of the sun index to help them guide their decision making
- Shade will be provided in the form of shelters to ensure children are able to cool down or escape the sun should they wish or need to
- Parents of children with Asian and black skin colouring should be aware that these skin types can be very tolerant to sunshine, however it is important to remember that burning can still occur.
- Posters will be displayed and handouts will be given to families regarding our SLIP, SLAP, SLOP, SEEK & SLIDE approach.
- Parent will receive a letter explaining how we can work together to safeguard their child from the sun.