



## Sun Safety

### Statement

Clare House Nursery is committed to protecting all children, staff and visitors from the harmful effects of ultraviolet (UV) radiation. We recognise that excessive exposure to the sun during childhood significantly increases the risk of developing skin cancer, including malignant melanoma, later in life. At the same time, we recognise the importance of children enjoying outdoor play safely as part of a healthy lifestyle.

Our Sun Safety procedures are based on current guidance from the UK Health Security Agency (UKHSA), Cancer Research UK, SunSmart and the NHS. We work in partnership with families to ensure children can enjoy outdoor experiences safely whilst reducing the risks associated with sun exposure.

### Sun Safety Procedures

To protect children from harmful UV rays, Clare House Nursery will:

- Parents and carers must apply sunscreen before their child arrives at nursery.
- Sunscreen will be reapplied at least every two hours, after water play or excessive sweating, or more frequently in accordance with the manufacturer's instructions and the child's individual needs.
- Parents must provide a clearly labelled sunscreen with a minimum SPF 30 and 4 or 5-star UVA protection, suitable for their child's skin. Written parental consent must be obtained before staff apply sunscreen.
- Sunscreen bottles should be clearly labelled with the child's name and replaced before their expiry date. Expired sunscreen will not be used.
- Clare House Nursery keeps a spare bottle of SPF 50 sunscreen for emergency use only, where parental consent has been obtained.
- Every child must have a clearly named wide-brimmed hat or legionnaire-style hat which provides protection for the face, ears and back of the neck.
- Parents are encouraged to dress children in lightweight, loose-fitting clothing that covers the shoulders and, where appropriate, the arms and legs.
- Staff will encourage children to play in shaded areas whenever possible, particularly during the hottest part of the day.
- Outdoor activities will be planned to minimise prolonged exposure during periods of high UV levels. Staff will monitor the daily UV Index and adjust outdoor play accordingly.
- Suitable shade will be provided through permanent structures, shelters, canopies, trees and parasols wherever possible.
- Children will have continuous access to fresh drinking water and will be encouraged to drink regularly throughout the day to prevent dehydration.
- Babies under six months will be kept out of direct sunlight whenever possible.
- Staff will remain vigilant for signs of overheating, dehydration, heat exhaustion or sunburn and will take immediate action should concerns arise.
- Children will be encouraged to learn about keeping themselves safe in the sun through age-appropriate discussions and activities.

## Working in Partnership with Parents

We ask parents and carers to:

- Apply sunscreen before bringing their child to nursery.
- Provide suitable labelled sunscreen, sun hats and appropriate clothing.
- Inform staff of any allergies or skin conditions affecting sunscreen use.
- Ensure sunscreen is replaced before it expires or after 12 months.
- Discuss any medical advice relating to sun exposure with nursery staff.

## Inclusion

We recognise that every child's skin is different. Although some skin tones are naturally more resistant to sunburn, all children can be affected by harmful UV rays. Sun safety measures apply equally to every child, with individual care adapted where necessary to meet medical, cultural or individual needs.

## Staff Responsibilities

Staff are responsible for:

- Following the nursery's Sun Safety Policy at all times.
- Suncream will be reapplied throughout each session: Taking into account your child's individual skin care requirements and adapting practices to meet needs
- Encouraging children to wear hats and remain hydrated.
- Monitoring weather conditions and the UV Index throughout the day.
- Adjusting outdoor play and activities to reduce the risk of excessive sun exposure.
- Recording and reporting any concerns relating to heat-related illness or sunburn to the Nursery Manager and the child's parents.

Throughout the summer months, Clare House Nursery promotes the **Slip, Slop, Slap, Seek and Slide** message:

- **Slip** on suitable clothing.
- **Slop** on sunscreen.
- **Slap** on a sun hat.
- **Seek** shade whenever possible.
- **Slide** on UV-protective sunglasses where appropriate.

Sun safety information and guidance will be shared regularly with families through displays, newsletters, posters and parent communications to encourage consistent sun-safe practices at home and at nursery.

