

44. Sun safety

Statement of intent

We recognise that some sun is good for us, over exposure to Ultraviolet Radiation (UVR) is an important safeguarding issue for children.

Aim

Sun exposure in the first 15 years of life contributes significantly to a persons lifetime risk of skin cancer, highlighting the importance for us to work with parents, guardians and children together, to increase knowledge and influence behaviours, to ensure children are protected against UVR and learn how to enjoy the sun safely.

Practice

During the warmer months of the year, children are exposed to UVR from the sun, often when penetration is at its strongest (between 11am and 3pm). Without adequate protection, a child's delicate skin can easily burn, causing cumulative and irreparable damage. This can significantly increase their risk of developing skin cancer in later life. Skin cancer is the most common cancer in the UK with rates of the disease rising faster than any other cancer. 86% of skin cancers are caused by over-exposure to UVR, so it is almost entirely preventable.

Polesden Lacey playschool is commitment to:

- **PROTECTION:** providing an environment that enables children and staff to stay safe in the sun.
- **EDUCATION:** learning about sun safety to increase knowledge and influence behaviour.
- **COLLABORATION:** working with parents, the management structure and the wider community to reinforce awareness about sun safety.

Clothing and sun hats

Clothing is one of the most effective barriers between our skin and the sun and should always be considered the first line of defence against UV exposure. Ideally;

- clothing should cover as much skin as possible.
- shoulders should always be covered as they can easily burn.
- a closer weave fabric will provide better protection
- a UPF (ultraviolet protection factor) rated fabric will provide best protection.
- either broad-brimmed, bucket style or legionnaire to adequately shade the face, neck, ears and cheeks. (baseball caps are not recommended because they do not provide shade to the neck, ears or cheeks)

We commit to:

- actively remind parents and guardians to provide an appropriate sun hat for use at playschool
- make available spare sun hats to support outdoor play, should the child leave theirs at home
- ensure children wear their sun hat outdoors when UV levels reach 3 or above
- re-iterate that baseball caps are not recommended and are phased out of use
- use a sun safe strategy of 'no hat, [lay indoors']
- actively encourage parents and guardians to dress their children in suitable clothing and that shoulders are covered during warmer months, and
- support children wearing sunglasses.

Sunscreen

Sunscreen should be applied to areas of exposed skin that are not covered by clothing to protect it from Ultraviolet Radiation. Without adequate protection, a child's delicate skin can easily burn, causing cumulative and irreparable damage. This can significantly increase their risk of developing skin cancer in later life. It is recommended that all sunscreen provided by both parents/guardians and Playschool should be:

- a minimum Sun Protection Factor (SPF) 30,
- labelled 'Broad-Spectrum' to provide both UVA and UVB protection and labelled with a UVA symbol (minimum 4 stars)

We commit to:

- apply generously to exposed skin 20 minutes before going outdoors when UV levels reach 3 or above
- encourage parents/guardian to patch test the sunscreen used at playschool, on request,
- reapply all sunscreens will be at least every 2 hours and more often if sweating
- store sunscreen in a cool, dry, accessible place.
- check expiry dates as sunscreen becomes less effective over time, and
- replace all sunscreen at the beginning of each spring/summer season

Shade

Our outdoor classroom provides shaded space for the children to play, along with additional tree covered areas next to the playground.

We commit to:

- conduct shade assessments to consider future needs and improving shade solutions where necessary
- encourage children to play in the shade as much as possible when UV levels reach 3 or above, particularly between peak UV hours (11am-3pm)
- monitor and limit the time children spend outdoors during peak UV hours (11am - 3pm) particularly during warmer months
- involve the children in the monitoring of the UV levels by discussing and displaying the UV levels with the children each day
- reinforce the importance of sun safety with the children each day during the warmer months

Hydration

We ensure that children are kept hydrated, by having:

- water with their snacks and lunch,
- access to their water bottles at all times
- cool fresh water topped up throughout the day, and
- reiterating the key hydration message with children in warmer months and after physical activities

Role modelling sun safety

We ensure all staff role model good sun safety. The team will be included in the application of sun cream and wearing a sun hat when UV levels reach 3 or above.

The team commit to:

- actively implement this policy
- consider the UV forecast when planning daily outdoor activities

- implement control measures to ensure the children are protected when UV levels reach 3 or above
- educating the children in the importance of sun safety
- focusing on embedding the key sun safety messages during warmer months
- promote and raise awareness of the sun safety and skin cancer with parents through newsletters, social media and on the website

Policy Review

As part of Polesden Lacey Playschool monitoring of sun safety this policy will be subject to periodic review.

Policy adopted by: Ellie Pragnell (Chair), Caroline O'Leary (Manager)

Date: September 24

Policy Review Date: September 25