



## SUNCARE POLICY

EYFS: 3.44

At Harvey Road Day Nursery Limited we are committed to ensuring that all children are fully protected from the dangers of too much sun/UV rays. Severe sunburn in childhood can lead to the development of malignant melanoma (the most dangerous type of skin cancer) in later life.

We follow guidance from the weather and UV level reports and use the following procedures to keep children safe and healthy in the sun:

- We will advise parents to decide and agree on adequate precautions to protect children from burning, including those with more sensitive skin types and those that may be more tolerant to the sunshine, e.g. black and/or Asian colouring. All children will have sunscreen applied throughout the day irrespective of skin tone although as people with naturally darker skin tones, such as brown or black skin, burn less easily and have a lower risk of skin cancer. But lower risk doesn't mean there's no risk. People with darker skin tones can still get sunburnt, although it is harder to recognize and therefore a greater risk of being undetected. People of all skin tones can get skin cancer, so it is important for everyone to think about protecting their skin when out in the sun.
- Children must have a clearly labelled sun hat which will be worn at all times whilst outside in sunny weather. This hat will preferably be of legionnaires design (i.e. with an extended back and side to shield children's neck and ears from the sun) to provide additional protection.
- Children can have their own labelled high factor sun cream with prior written consent for staff to apply. Or nursery sun cream to be used during the day. This enables parents to provide children with sun cream suitable for their own individual needs. The first application of the day must be done at home. Staff must be aware of the expiry date and discard sunscreen after this date. All opened sun cream will be discarded following the summer season and new sun cream provided the following year.
- Parents are requested to supply light-weight cotton clothing for their children suitable for the sun, with long sleeves and long legs.
- Children's safety and welfare in hot weather is the nursery's prime objective so staff will work closely with parents to ensure all appropriate cream and clothing is provided.
- Staff will make day-to-day decisions about the length of time spent outside depending on the strength of the sun; children will not be allowed in the direct sunlight between 11.00am – 3.00pm on hot days.
- Children will always have sun cream applied before going outside in the hot weather and at frequent intervals during the day.
- Children are encouraged to drink water more frequently throughout sunny or warm weather and this will be accessible both indoors and out.
- 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.
- Shade will be provided to ensure children are able to still go out in sunny weather, cool down or escape the sun should they wish or need to.
- Staff to role model sun safe practice.

### **Vitamin D**

Sunlight is important for the body to receive vitamin D. We need vitamin D to help the body absorb calcium and phosphate from our diet. These minerals are important for healthy bones, teeth and muscles.

Our body creates vitamin D from direct sunlight on our skin when we are outdoors. Most people can make enough vitamin D from being out in the sun daily for short periods with their hands and other body parts uncovered. Sun cream will stop the ultraviolet B (UVB) rays from reaching your skin, so part of your body should be uncovered and not have sun cream on. At nursery we find the right balance to protecting children from sunburn as well as allowing the skin to access the sun for the vitamin D benefits, e.g. hands will be left without sun cream but children will be fully monitored to ensure no hands are burnt. The benefits will be discussed with parents and their wishes will be followed with regard to the amount of sun cream applied.

### **Heatwave**

During extreme hot weather conditions, or when an Amber or Red weather warning is issued by the met office; we will follow guidance as detailed in the Government looking after children and those in Early Years settings during heatwaves guidance.

As part of this process, we will complete a heat checklist as well as reviewing current Risk Assessments in regards to heatwaves.

Parents will be notified if this is going to lead to any changes to our operating hours, and the Nursery may in exceptional circumstances reserve the right to close earlier/not open in order to keep children/staff and parents safe.

All parents and staff will be informed of possible conditions caused by excessive heat, this includes heat stress, heat exhaustion and sun stroke. All children will be closely monitored and you may be asked to collect your child if they develop any signs/symptoms of heat related illness.

<b>This policy was adopted on</b>	<b>Signed on behalf of the nursery</b>	<b>Date for review</b>
<b>April 2026</b>	<b>Suzanne Baldry – Nursery Manager</b>	<b>April 2027</b>