

Sun Protection Policy

Statement of Intent

Parkland Pre-school regards the protection of children from the sun as an important part of its provision for children and parents. It is especially important during the summer months. Discussing this with the children raises their awareness of the sun's dangers and helps them to learn about looking after themselves and keeping healthy.

Aim

During the summer months we aim for all children to be sufficiently protected from the sun's rays and heat at all times when in our care.

Methods

- As the weather begins to get warmer, a letter is sent to all parents of children who attend, reminding them of the danger of the sun and asking that they provide their children with appropriate sun cream and a hat.
- Parents/carers are asked to apply sun cream before attending session. Children can bring their own sun cream and are given time to apply it before going outside, staff are able to help apply sunscreen if permission has been sought from parents/carers. Children who do not have these are kept out of direct sunlight and parents are reminded of the need for cream and a hat.
- All children are observed when applying sun cream and, if necessary, reminded to apply sun cream to certain areas they have missed. (In particular, face, back of the neck.)
- Children have access to water and are regularly reminded to have a drink.
- A supply of spare hats is available in the Pre-school, and these are lent to children without sun protection. These children are then allowed out into the sun for limited periods depending on how hot the weather is.
- Physical activities should be carefully planned to avoid sun exposure, unnecessary exertion and dehydration. In extreme weather, outdoor activities should not last for more than 20 minutes when children should be brought indoors and given time to rest and drink water.

In rare cases, extreme heat can cause heatstroke:

Symptoms to look out for – Cramp in arms, legs or stomach, feeling of mild confusion or weakness.

- If anyone has these symptoms, they should rest for several hours, keep cool and drink water or fruit juice.
- If symptoms get worse or don't go away notify parents and seek medical advice.

Staff Training

- All staff are aware of the Sun Protection Policy and this issue is discussed regularly during staff meetings.
- All staff are aware that they may assist verbally with the applying of sun cream and can only help if parents/carers have agreed and signed the appropriate forms. All staff are aware of the importance of the children only putting their sun cream on themselves (due to health and safety issues and allergies.) They will regularly remind children of the fact that they may not share sun cream with another child.

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This policy was adopted for Parkland preschool by Jo Andrews	11.8.15
Signed on behalf of the Management Committee/Proprietor	
Role of signatory (e.g. Chairperson etc.)	
Review Date: August 2016	