



## **NORTH STAR NURSERY AND HOLIDAY CLUB** **SUN PROTECTION POLICY**

North Star Nursery has consulted Cancer Research UK's Sun Protection Policy Guidelines for Nurseries and Pre-Schools and Early Years publications prior to writing the policy below. This policy should be read in conjunction with the Sun and Heat Safety Additional Information found at Appendix 1.

### **Why have a sun protection policy?**

Very young children have sensitive skin that can be easily damaged by the sun's dangerous UV rays. At this young age they are unable to take responsibility for their own sun protection. We have a responsibility to ensure that children are protected from the harmful effects of the sun.

### **Education: learning about sun safety to increase knowledge and influence behaviour**

- Parents and guardians will be able to access a copy of the policy along with a permission form, relating to the application of sunscreen. In addition a copy of the policy will be on the nursery website.
- Staff will interactively discuss sun protection with children.
- Information about sun protection will be displayed around the nursery and Holiday Club.

### **Protection: providing an environment that enables children and staff to stay safe in the sun**

#### **Shade**

- Shade is provided by the roof canopy and the trees at the top of the garden.
- Older children will be encouraged to spend time in the shaded areas.
- Children who are immobile will be placed with activities in a shaded area.

#### **Timetabling**

- Young children will not play in the garden between 11.30am and 2.00pm. (please see above for notes on shade)
- All children will be offered water to drink at more frequent intervals during the hot weather. Children are encouraged / reminded to request drinks when they feel they need one. Drinking water is accessible at all times and children's drinks bottles are taken outside when the children are in the garden.

#### **Clothing**

- Children will wear suitable hats when playing in the garden. We request that these are brought in from home; however, there will be a supply of spare hats for use.
- Staff will wear hats when accompanying children in the garden and on walks to provide good role models.
- Children are allowed to wear UV protective sunglasses whilst engaged in outdoor activities; please check the protection levels which are advised to be UV 400/100% UV protection.
- We advise parents to dress their children in clothing that covers the shoulders or provide cardigans and t-shirts to put on when playing outside.

#### **Sunscreen**

- Parents/guardians will supply sunscreen that is no less than **SPF 30** for their child's use, preferably water resistant. This will be clearly labelled with the child's name and the date which it was opened.
- New sunscreen will need to be supplied on request from staff. Sunscreen will only be deemed usable if it is within the recommended expiry time. This is shown by an open pot symbol with a number above it specifying the number of months it should be open for (usually 12 or 18 depending on the brand).

- We recommend the use of once a day variety sunscreen. If you have chosen this type of sunscreen staff will still apply before each garden session due to water play and hand washing etc.
- There will **not be** spare sunscreen for communal use due to the risk of allergic reactions.
- Children who do not have sunscreen to wear will only be able to play under the roof canopy.
- Parents/guardians will need to sign a consent form to allow staff to apply/supervise (Holiday Club children) the application of sunscreen. This will depend on the age and ability of the child.
- Sunscreen will be applied at least twenty minutes before each session of outdoor activity.
- Parents are advised to apply sunscreen to their children as part of their daily morning routine before dressing them. This will help to protect from the sun whilst travelling to nursery.
- Sun screen will only be applied by current employees of North Star Nursery, not agency staff or students.

**Free Flow Access to the Garden**

- As recommended above the once a day variety of sunscreen aids the children’s free flow access to the garden, although this will still be reapplied regularly.
- Water resistant sunscreen is better suited to water activities in the garden.
- There will be a chart in use to document sunscreen application times to ensure children are always protected. The Practitioner applying the sunscreen will initial/sign the document.
- During hot weather free flow may be restricted to a shorter length of time to protect children from over exposure to the sun/heat. Alternatively children will be brought inside as and when it is necessary, for each individual’s wellbeing and safety.

Staff will access the Met Office website for sun strength according to the UV Index each week and display accordingly.

Useful links include:

- <http://www.cancerresearchuk.org/about-cancer/causes-of-cancer/sun-uv-and-cancer>
- <http://publications.cancerresearchuk.org/downloads/product/sspsn.pdf>

I/We have received and read the Sun Protection Policy.

**Nursery**

I/We agree to provide sunscreen of SPF 30 or above for my/our child. I/We give permission for North Star Nursery Practitioners to apply sun cream to (child’s name)..... attending nursery.

**Holiday Club**

I/We give permission for North Star Holiday Club staff to apply and/or supervise the application of sunscreen to (child’s name)..... attending Holiday Club.

Signed.....Date.....

Relationship to child.....





## **APPENDIX 1**

### **Additional support material for sun and heat safety**

The **very young**, the elderly and the seriously ill are the groups who are particularly at risk of health problems when the **weather is very hot**. In particular, very hot weather can make heart and breathing problems worse.

**Following good practice, policies and common sense should avoid any heat related health issues, however, here are some signs and symptoms to be aware of. This list is by no means exhaustive.**

#### **Heat Rash**

Heat rash is a skin irritation caused by excessive sweating during hot, humid weather.

#### **Symptoms**

Symptoms of heat rash include:

- Heat rash looks like a red cluster of pimples or small blisters.
- It is more likely to occur on the neck and upper chest, in the groin, under the breasts, and in elbow creases.

#### **First Aid**

People experiencing heat rash should:

- Try to work in a cooler, less humid environment when possible.
- Keep the affected area dry.
- Dusting powder may be used to increase comfort

#### **Heat Exhaustion**

Heat exhaustion is the body's response to an excessive loss of the water and salt, usually through excessive sweating. Workers most prone to heat exhaustion are those that are elderly, have high blood pressure, and those working in a hot environment.

#### **Symptoms**

Symptoms of heat exhaustion include:

- Heavy sweating
- Extreme weakness or fatigue
- Dizziness, confusion
- Nausea
- Clammy, moist skin
- Pale or flushed complexion
- Muscle cramps
- Slightly elevated body temperature
- Fast and shallow breathing

#### **First Aid**

Treat a person suffering from heat exhaustion with the following:

- Have them rest in a cool, shaded or air-conditioned area.
- Have them drink plenty of water or other cool, nonalcoholic beverages.
- Have them take a cool shower, bath, or sponge bath.

## **Heat Stroke**

Heat stroke is the most serious heat-related disorder. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. When heat stroke occurs, the body temperature can rise to 106 degrees Fahrenheit or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not given.

## **Symptoms**

Symptoms of heat stroke include:

- Hot, dry skin or profuse sweating
- Hallucinations
- Chills
- Throbbing headache
- High body temperature
- Confusion/dizziness
- Slurred speech

## **First Aid**

Take the following steps to treat a person with heat stroke:

- Call 911 and notify their supervisor.
- Move the sick worker to a cool shaded area.
- Cool the worker using methods such as:
  - Soaking their clothes with water.
  - Spraying, sponging, or showering them with water.
  - Fanning their body.

## **SunBurn**

When there is a strong sea breeze blowing, it's easy not to notice the strength of the sun. Even if it's cloudy, protect yourself from harmful UV rays by using a sunscreen with a high protection factor. Reapply it every couple of hours and don't forget to protect your ears, lips, hair parting and the tip of your nose with sunblock.

## **Prickly heat**

This irritable red rash occurs when someone sweats more than usual, often because of excessive heat, but the tubes that drain their sweat glands (the sweat ducts) are blocked and the sweat cannot drain properly from the skin. Instead the sweat is forced into the tissues of the skin, causing inflammation.

Prickly heat can be controlled by taking tepid showers and dabbing the affected areas with calamine lotion. Wear loose-fitting clothing to help reduce irritation.

Once your body has acclimated to the heat, the rash should settle down.

Produced in consultation with information from: [www.metoffice](http://www.metoffice) and [www.cancerresearchuk.org](http://www.cancerresearchuk.org)