**Glen Family Centre**

**Sun Safe Policy**

RATIONALE

Too much exposure to ultraviolet light (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of skin cancer.

There is potential for nurseries to help prevent skin cancer in future generations because:

* Nurseries can play a significant role in changing behaviours through role modelling and education from an early age.
* Children and staff are at risk of sunburn within 10-15 minutes of being exposed to strong sunlight.
* Skin cancer is largely preventable through behaviour modification and sun protection during early years.

The main elements of this policy are

* Partnership: working with parents/guardians, nursery staff and the wider community to reinforce awareness about sun safety and promote a healthy nursery.
* Education: learning about sun safety to increase knowledge and influence behaviour.
* Protection: providing an environment that enables children and staff to stay safe in the sun.

PARTNERSHIP

* We ask that all parents apply cream to their children before they come to nursery and for those children that attend for a full day, staff will re-apply it during the day when necessary.
* Cream should be applied 30 minutes prior to being out in the sun and reapplied every 2 hours.
* In the event of water play cream MUST be re applied.
* Staff will complete the sun cream application record sheet to allow all staff and families to know when a child has last had their cream applied by adding it to children care sheets.
* Staff MUST ensure they wash their hands before applying sunscreen to another child. This is for prevention of infection and /or allergies.
* Staff may use one glove per child to apply sun cream if they themselves have sensitive skin
* All children should have their own sun cream clearly labelled with their name on it and kept in their bag for topping up. The sun cream must be in date, and be a minimum of Factor 30
* Staff should act as positive role models and set a good example by seeking out the shade whenever possible and wearing suitable clothing, hat and sunscreen.

PROTECTION

Shade

* The nursery playground has shade provided either by the school building, outdoor shelter(s), trees and/or we have temporary structures i.e. gazebos, etc. for use during outdoor play.
* Staff will assess garden areas for suitability – the middle and baby garden provide more shaded areas
* Children will be encouraged to use the shaded areas during playtimes when appropriate.

Clothing

* The children will be encouraged to wear clothes that provide good sun protection.
* Parents/guardians will be informed of the importance through a variety of media to provide the nursery with appropriate sun hats and sunscreen as advised by the national skin cancer charity ‘Skin’.

Drinking Water

* Children will be supported and encouraged to increase their water intake throughout the day in hot weather.
* Water will be accessible at all times for staff and children.