



Newton Primary and Early Years Centre

Sun Safety Policy

POLICY STATEMENT

At Newton Primary and Early Years Centre we recognise the importance of outdoor play and learning in supporting children's health, wellbeing, and development. We are committed to protecting children, staff and visitors and supporting them to enjoy the sun safely.

We will promote a balanced approach to sun exposure, recognising the need to protect children from sunburn and heat-related illness whilst encouraging healthy outdoor play.

The Scottish Government's Health and Social Care Standards focus on a child's right to play outdoors every day and when they choose to:

'I am protected from environmental hazards and have the opportunity to be in the safest possible environment' (Standard 1.33).

'As a child, I play outdoors every day and regularly explore a natural environment' (Standard 1.32)'.

'I can choose to have an active life and participate in a range of recreational, social, creative, physical and learning activities every day both indoors and outdoors' (Standard 1.25).

AIMS

This policy aims to:

- Protect children and staff from harmful UV exposure
- Reduce the risk of sunburn and heat-related illness
- Develop children's understanding of sun safety
- Promote positive lifelong health habits
- Ensure parents and carers understand their responsibilities for supporting sun safety measures

This policy applies to:

- All children attending the centre
- Staff members
- Students and volunteers
- Visitors
- Outdoor educational visits and excursions

EDUCATION

- All children will be involved in a discussion, appropriate for their age and understanding, at the start of warm weather about sun protection and the risks.
- All staff will be educated in the importance of sun protection and the risks involved in not protecting both themselves and others.

*Updated: April 2026
Review date: April 2028
(or sooner as per national guidance)*

- Parents and carers will be informed about our policy.

Sun safety will be promoted through working with parents/ carers, staff, and the wider community to improve our understanding and provision and to avoid the harmful effects of too much exposure to UV. Staff should always act as a positive role model and set a good example by seeking shade whenever possible, wearing appropriate clothing, and applying sunscreen.

SUN PROTECTION MEASURES

Shade

The centre will:

- Make maximum use of shaded outdoor areas.
- Use fixed or portable shade where available.
- Encourage children to play in shaded areas during periods of high UV exposure.
- Review outdoor environments regularly to increase shade opportunities.

Outdoor Play

Where possible, during periods of high UV radiation:

- Outdoor activities will be planned to avoid prolonged exposure.
- Greater use of shaded play areas will be encouraged.
- Staff will monitor UV forecasts and weather conditions.
- Outdoor learning will continue with appropriate protective measures in place.

Hats

Children and staff are expected to wear suitable hats when outdoors during sunny weather.

Appropriate hats include hats that protect the face, ears and back of the neck

Baseball caps alone are not considered the most effective protection.

Clothing

Children should wear:

- Lightweight clothing
- Tops that cover shoulders
- Loose fitting garments where appropriate

Staff will encourage clothing choices that offer the greatest protection from the sun.

Sunscreen

The centre recommends:

- Broad-spectrum sunscreen with a minimum SPF 30 and UVA protection.
- Sunscreen should be applied before attendance and reapplied as required.

Where parental consent is in place:

- Staff may supervise or assist with sunscreen application.
- Parents/carers will be reminded to inform the school and centre if they do not wish suncream to be applied to their child. In these cases, their child will have restricted access to the outdoor area during sunny periods.
- The sun cream must be in date and be a minimum factor 30 with a 5-star UVA rating (this is usually visible on the bottle).
- If children require a specific brand of sun cream, parents/ carers must inform the school/ centre and provide a bottle of the specific sun cream. This will be clearly labelled with the child's name.

Application:

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- Cream must be applied 20-30 minutes BEFORE going out in the sun, applied to clean, dry skin and rubbed in only lightly.
- If the child is between 3-5 years old, a mirror can be provided and children should be encouraged to apply their own cream with supervision. Use generous amounts to ensure all areas are covered. Ensure areas such as necks, ankle, ears are covered where appropriate.
- Re-apply every 2 hours or more frequently if washed, rubbed or sweated off (never use it to spend longer in the sun - this will put you at risk of sun damage).
- Do not store sunscreens in very hot places as extreme heat can ruin their protective chemicals.

Hydration

The school/ centre will:

- Ensure drinking water is available throughout the day.
- Encourage regular drinking.
- Increase hydration opportunities during warm weather.
- Monitor young children closely for signs of dehydration.

HEAT AND ILLNESS

Staff will monitor for:

- Flushed skin
- Excessive tiredness
- Headaches
- Dizziness
- Nausea
- Irritability
- Signs of heat exhaustion

If concerns arise:

- Children will be moved to a cool area
- Fluids will be provided
- Parents will be informed as necessary
- Emergency procedures will be followed if required

OUTINGS

Risk assessments for all outings will consider:

- Weather forecasts
- UV levels
- Shade availability
- Access to drinking water
- Appropriate clothing and sun protection

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