



Sun Safety for Children

Policy and Procedures at Stow ELC

Rationale for the policy

The Care Inspectorate Quality Framework sets out the expectation that all ELC settings provide high quality care for all children and minimise unnecessary risks of harm. This is also set out in HGIO ELC where all ELC practitioners are expected to actively promote the wellbeing of children and keep children safe. The Health and Social Care Standards also set out an expectation that children are protected from harm while also being entitled to play outdoors every day and in a natural environment different from their own. This is further echoed in the national standard for Early Learning and Childcare.

As a result of these expectations, consideration needs to be given as to how to provide young children with the highest standards of care in the context of keeping them safe in the sun.

What are the risks for children associated with playing outdoors daily from March to October (even when it is cloudy)?

- Children's skin is much more sensitive to UV levels than adult skin.
- Sunburn in children increases the risk of skin cancer in later life.
- Looking at the sun can cause permanent eye damage.
- Sunscreen washing off when playing in water leads to inadequate protection.
- Water-play reflecting light increases exposure.
- Energetic play can lead to heat exhaustion, heatstroke and dehydration.

Children are at higher risk of sunburn in the UK if they have:

- pale, white or light brown skin.
- freckles or red or fair hair.
- many moles.
- a skin problem relating to a medical condition.
- a family history of skin cancer.
- some medical conditions.

How do we reduce the risk of harm?

From March to October in the UK, children should:

- cover up with suitable clothing such as light-coloured loose clothing.
- wear a wide brimmed hat such as a bucket hat or cap with neck flap to shade the neck, face and ears.
- spend time in the shade, particularly from 11am to 3pm.
- wear at least SPF30 sunscreen to areas not protected by clothing, including the legs, arms and feet (if not covered by clothing), face, neck, ears and backs of hands.

- avoid looking directly at the sun.
- wear sunglasses.
- have access to drinking water.
- have their energetic play limited.

Procedures for preventing sunburn:

Applying Sunscreen

- During March and October, we will use the met office website or app to check UV levels on a daily basis, even on cloudy days (*see appendix 1 for UV level guide*).
- **Children MUST stay indoors if UV levels are classified extreme.**
- Children must be kept indoors or in the shade between 11am and 3pm on days when UV levels are classified very high.
- Children must be kept indoors or in the shade around midday on days when the UV levels are classified high.
- Children may need shade around midday on days when UV levels are classified moderate.
- Sunscreen MUST be applied on days when UV levels are moderate, high or very high.
- Sunscreen MUST be applied by a practitioner. If a child would like to be involved in applying their sunscreen, the practitioner must ensure appropriate coverage and application.
- Parents will be asked to provide ELC with a labelled bottle of sunscreen (at least SPF 30) for their child. *Please note that certain brands, such as Nivea, may contain nuts so this may be something you ask parents to avoid using.*
- Parents will be asked to apply sunscreen at home or when they arrive with their child at ELC in the morning.
- ELC will have its own supply of sunscreen to use when parents have not provided it and we will inform parents of the ELC brand of sunscreen so they can confirm it can be used on their child (some children have allergic reactions to particular brands). This permission will be recorded in the child's care plan.
- Sunscreen will be applied to all areas of skin exposed to the sun.
- Sunscreen takes at least 30 minutes to reach full effectiveness so children will be kept indoors until 30 minutes after application. We will manage this routine by recording the time applied for each child.
- Sunscreen should be re-applied every two hours while outside, or 30 minutes before going back outside if after 2 hours.
- At Stow ELC, we will apply sunscreen as a general rule at the following times: 9:30am, 11:15, 1:00pm
- We will monitor individual children's sunscreen re-application times by recording on the weekly sun cream record.
- If a child has been engaging in water play outside, we will we will reapply the sunscreen.
- If a child refuses to have sunscreen applied, we will call Parent to let them know and encourage the child to stay inside.
- We will prevent cross-contamination of sunscreens by using new gloves when applying on each child.
- We will store named sunscreens in the sun cream box.

- We will take sunscreens on outings in a backpack.

Wearing appropriate clothing

- During March and October, parents will be asked to provide a suitable sunhat for their child.
- ELC will have its own supply of sunhats to use when parents have not provided one for their child.
- We will check that children are wearing suitably loose clothing to cover most of their body when UV levels are moderate, high or very high.
- If a child refuses to wear a sunhat or keep their sunhat on, we will call parent to let them know and keep encouraging the child to wear the hat.

Procedures for preventing sun burn, heat exhaustion, heatstroke and de-hydration:

- During March to October, the temperature in the ELC outdoor area should be checked.
- If the temperature is over 18 degrees centigrade in the ELC outdoor area then we will risk assess the context and action all or some of the following as appropriate:
 - Use of naturally occurring shaded areas for play.
 - Creation of shaded areas, for example, using tarpaulins, where children can play outdoors but be able to be out of direct sun light.
 - Actioning procedures listed above for wearing appropriate clothing and sunscreen.
 - Ensuring children have independent access to fresh drinking water to stay hydrated.
 - Ensuring children are taking regular planned time for drinks.
 - Ensuring children have reduced time playing outside in the sun.
 - Ensuring children have regular breaks in-doors out of the sun.
 - Ensuring children's energetic play in direct sunlight is reduced.
 - Identifying alternative in-door spaces for energetic play.

Opportunities for learning about sun safety to reduce the risk of harm:

- Parents and staff will act as good sun safety role-models by following and promoting the guidelines.
- Staff will involve children in conversations about sun safety.
- Children can be involved in learning about sun safety procedures and checking temperatures and UV levels.

Procedures for responding to over-exposure to sun and UV levels:

- Children should be brought in-doors and cooled down immediately.
- Accident must be reported to parents and logged in the accident file.
- Parents may need to be advised to seek medical advice for their child.
- Depending on the nature of the accident, a care inspectorate notification may need to be submitted.

Monitoring the content of this policy and the procedures at Stow ELC:

- The policy should be reviewed annually, making reference to, for example:

<https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

<https://www.metoffice.gov.uk/weather/learn-about/weather/types-of-weather/temperature/uv-levels>

Additional note:

Staff

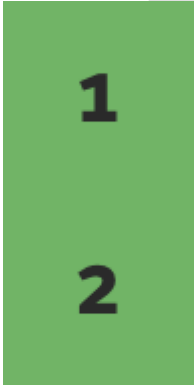
- Staff must take individual responsibility for keeping themselves protected from the sun when outside with children by applying sunscreen, wearing appropriate clothing and staying hydrated.
- The setting may need to make adjustments to how staff working outside are deployed to allow for necessary breaks from the sun over the course of the day.

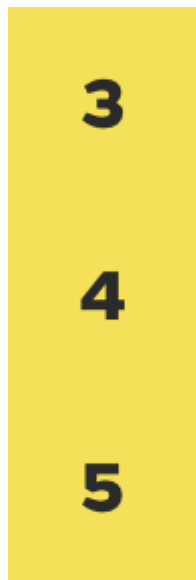
Policy and Procedures read, understood and agreed:

Name:

date:

Appendix 1

UV index	UV summary	Exposure category	Advice
		No significant UV	It's safe to stay outside.
		Low	You can safely stay outside. Consider sunscreen in direct sunlight.



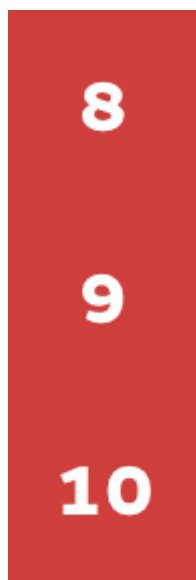
Moderate

Take care during midday hours and do not spend too much time in the sun unprotected. Sunscreen advised.



High

Seek shade during midday hours, cover up and wear sunscreen.



Very high

Avoid being outside or seek shade from 11am to 3pm. Shirt, sunscreen and hat are essential.



Extreme

Avoid being outside during midday hours.
Shirt, sunscreen and hat essential.



No data

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Record of Sunscreen Application at Stow ELC

[illegible]

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