



Sandy Lane Nursery and Forest School  
"Nurturing curiosity and inspiring imagination"

# Sun Protection Awareness Policy

## DOCUMENT STATUS

| <b>Produced By</b>                   | <b>Version</b> | <b>Date</b> | <b>Action</b>  |
|--------------------------------------|----------------|-------------|--|
| Sandy Lane Nursery and Forest School | 1              | May 2018    | Permission from parent/carer required for staff to apply sunscreen to their child(ren) |
|                                      | 2              | June 2021   | Updated with reference to completion of online permission slips                        |

# Sun Protection Awareness Policy

As the weather improves, we need to consider how our children are protected from the harmful rays of the sun. Young children need special care when in the sun but they are unaware of how the sun can damage their skin. As adults, it is important that we take precautions for them.

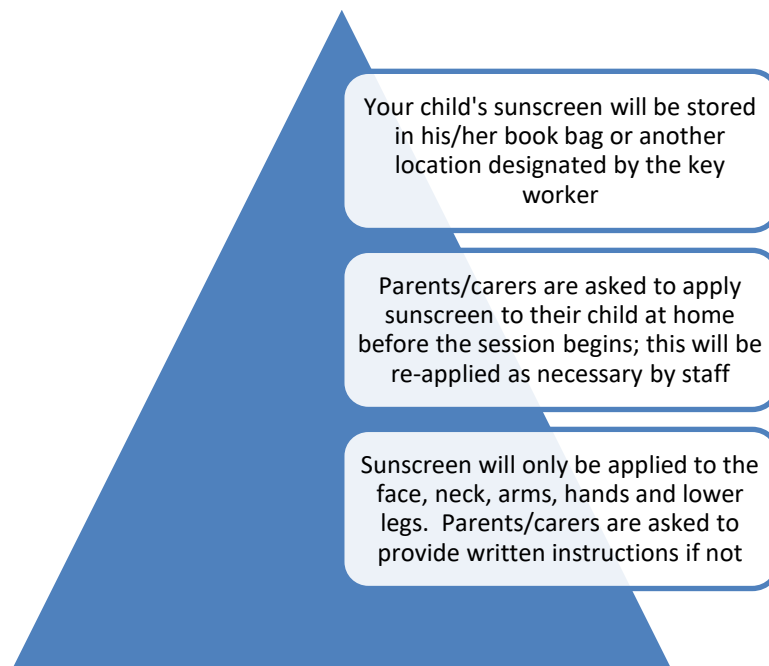
Getting sunburnt as a child leads to a greater risk of skin cancer in later life. The good news is that sun damage can be avoided.

At Sandy Lane Nursery and Forest School, our key objective is to ensure children are protected from over-exposure to harmful UV rays and educate them about sun protection.

## Aims

- To protect children whilst in our care
- To help to work in partnership with parents/carers to protect children at other times
- To help children understand the importance of keeping themselves safe in the sun
- To encourage lifelong learning in respect of personal health and the sun

If a child is to use sunscreen at school, parents/carers are asked to provide it for school use. ***The sunscreen must be clearly marked with the child's name and replenished by the parent/carer as needed.***



## How we will achieve our aims

- Staff will educate themselves and parents about the risks of sunburn and will be good role models at all times
- Staff will ensure children have protective care during the summer months
- Staff will take particular care during the hottest periods, usually between 11.00 am and 3.00 pm
- Children will wear long neck flap hats preferably (nursery to have some spares)
- Wear clothing covering shoulders and arms (preferably thin cotton) (nursery to have some spares)
- Only be outside for limited periods when sunny unless under a covered or shaded area – the children will be encouraged to use areas of shade for outdoor activities
- Wear appropriate 50+ factor sun cream. This needs to be applied at home before nursery for all children and will be reapplied by staff members for children staying all day. A supply of sun cream will be made available for parents to apply to their child if unprotected on arrival at nursery and for use when reapplying for the 30 hours children
- Water and other drinks are always readily available to the children throughout the year but, in the warmer months, we place greater emphasis on the children having a regular fluid intake, as small children can dehydrate very quickly
- Staff will act as role models wearing appropriate clothing outdoors, using sun screen for sun protection and seeking shade wherever possible

### **As a setting we will:**

- Provide shaded areas
- Share the nursery sun protection policy with parents and staff
- Actively encourage parents to provide their child with a suitable sun hat and to administer a high factor (50+) sun cream to their children prior to the start of the session
- Have 50+ factor sun cream available for use, especially for children who attend for 30 hours and therefore would need a further application after lunch, with parents' permission
- Make sun hats available for children
- At the beginning of the sunny period, staff will explain to the children about the need to keep safe in the sun and how to do this
- Provide children will continuous access for water throughout the session

### **As parents you can support nursery and protect your child from the sun by:**

- Ensuring you have put sun cream (factor 50+) on your child before they start their nursery session
- Leaving a bottle of factor 50+ sun cream, labelled with your child's name, in nursery for staff to apply to your child (with your consent) *if they attend for 30 hours*
- Completing the consent form for staff to apply sun cream to your child as required and returning to nursery *if they attend for 30 hours*
- Providing your child with a sun hat, labelled with their name, to wear at nursery daily
- Reading the guidance attached to this document and posted on Tapestry regarding the importance of sun cream even on a cloudy day

IT IS VITALLY IMPORTANT THAT YOU INFORM YOUR CHILD'S KEY WORKER IF THEY ARE ALLERGIC TO SUN CREAM AND WE ASK YOU TO PROVIDE SUITABLE ALTERNATIVE PROTECTION.

Sandy Lane Nursery and Forest School needs parents' permission before staff can apply sun cream to children during their time at nursery. This documentation is shared with parents, via **Office Forms**, as part of the induction process.

# SUN SAFETY

We know children love spending time outdoors, whether in the garden, park or beach, however, their skin is more delicate than an adult's and can easily be damaged by the sun, even when it doesn't seem strong.



Use a sunscreen with a minimum SPF 50 and at least 4 stars for UVA protection.



Wear sunglasses, ideally with wrap around lenses or wide arms, which carry CE and British Standard marks.



Reapply every two hours or immediately after swimming or sweating.



No sunscreen offers 100% protection so cover up with loose close weave clothing (such as cotton) and a wide brimmed hat to protect the neck, ears and face.



Generously apply sunscreen (5 teaspoons to cover the whole body) 15 to 20 minutes before going out.

Seek shade between 11am - 3pm when the sun is at its strongest. Always keep babies and toddlers in the shade if you can.



By following these simple tips your child will be able to stay safe and enjoy the sun. Remember parents, set your child a good example by also following this advice, and the whole family can have a happy sun safe summer.

For more information about the British Skin Foundation see [www.britishskinfoundation.org.uk](http://www.britishskinfoundation.org.uk)

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# SUN MYTHS VS SUN FACTS

Experiencing severe sunburn, particularly in childhood, increases the risk of developing skin cancer in later life, so it's very important to protect yourself and your family from the sun. Here are some of the most common myths and misconceptions to help you keep sun safe.

**X 'I can't get sunburnt in the UK; the UV rays aren't strong enough.'**

Wrong! Always protect your skin even in the UK.

**X 'I can't get sun damage on a cloudy summer day.'**

Even if you can't see any blue sky, a significant amount of UV rays can still get through the clouds, so it's best to apply sunscreen if you're out and about during the summer.

**X 'Using sunscreen alone will protect my skin.'**

No sunscreen offers 100% protection so it should never be used as a substitute for clothing and shade.

**X 'My sunscreen says it's water resistant, so I don't need to reapply regularly.'**

Despite what the packaging promises, swimming, sweating, rubbing, or towelling down means you will end up removing the sunscreen from your body. Always reapply after sporting activity or at least every two hours.

**X 'My skin is only damaged if it turns red.'**

Sunburn and skin peeling is the extreme end of skin damage from UV rays. When the skin 'tans' this is damaging your skin and putting you at risk of skin cancer in the future.

**X 'I can't get sunburnt through windows.'**

Wrong! UVA radiation can penetrate glass. This can be a car window, or even your windows at home. Be sure to protect your skin if you're on long car journeys or spend a lot of time sat by sunny windows.

**X 'SPF25 is half the SPF protection of SPF50.'**

SPF50 does not offer twice the protection as SPF25 even though it offers a higher level of protection, so don't be fooled!

**X 'I have to spend lots of money on sunscreen for it to be effective.'**

This is not the case, if you are willing to shop around you do not have to spend lots of money. Look for a sunscreen with a high SPF and 4 or 5 star UVA rating.

**X 'I can simply use aftersun to repair the damage done by sunburn'**

Aftersun may help to soothe and cool your skin, however, it cannot fix the damaged done to the DNA inside your cells.

**X 'Skin cancer only affects older people.'**

Malignant melanoma is one of the most common cancers in young adults (aged 15-34) in the UK.

**X 'I shouldn't use sunscreen as I will become vitamin D deficient.'**

This has not proven to be true from studies. Using SPF 50 will filter out 98% of UVB rays, when used perfectly. So rays will still reach the skin. You can also get vitamin D through diet and supplements if you are concerned.

**X 'A tan is healthy'**

There is no such thing as a healthy tan. If the skin changes colour it shows that damage has been done to cells.

**X 'I use a 'once-a-day' sunscreen, I don't need to reapply'**

Even if a sunscreen states it is once-a-day it should be reapplied regularly. The majority of people do not apply sunscreen correctly and miss parts of the body.

**X 'Sunscreen lasts forever'**

Like most cosmetics, sunscreens have an expiration date. Look for the jar icon on the back of the product to see how long it is effective for once it has been opened. So you know, simply write the date you open the product on the bottle. Remember to store your sunscreen in a cool place and not in direct sunlight.

*Dr Anjali Mahto, Consultant Dermatologist & British Skin Foundation spokesperson.*



For more information about the British Skin Foundation see [www.britishskinfoundation.org.uk](http://www.britishskinfoundation.org.uk)

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