033: Sun Protection Policy

The Centre is committed to ensuring that all children and adults caring for them are protected from the dangers of too much sun. Severe sunburn in childhood can lead to the development of malignant melanoma (the most dangerous type of skin cancer) in later life. Cancer Research UK 2017, states that "*Children and adults with naturally brown or black skin are less likely to get skin cancer, as darker skin has some protection against UV rays, however, skin cancer can still occur.*" We will implement this policy for all our children and staff to ensure no one is put at risk.

As a Centre we follow and implement advice and guidance from the National Health Service, (NHS) and Cancer Research in relation to sun safety:

- Children and staff must cover up with suitable clothing
- Children and staff must spend time in the shade – particularly from 11am to 3pm
- Children and staff must wear at least SPF15 sunscreen which must be applied to all areas not protected by clothing such as the face, ears, feet and backs of hands and any other exposed skin areas.

We use the following measures and procedures to promote sun safety for staff and children:

Shade: Sun Shades, canopies, gazebos and trees have been provide to ensure children and staff are able to access shade between 11.00am – 3.00pm - Babies under 6 months will be kept out of direct sunlight altogether.

Sun Lotion: As part of our additional services and provisions policy Bright Beginnings will provide sun lotion with a sun protection factor (SPF) of 15 or above that is effective against UVA and UVB as directed in the guidelines provided by Cancer Research UK.

Staff will be provided with a factor 15 sun lotion or may choose to use cream provided for our children. Sun lotion will be applied 20 minutes prior to going out in the sun

Hats: As part of our additional services and provisions policy Bright Beginnings will provide legionnaires style sunhats for all children that have a peak and flap which covers the back of the neck, staff will be provided with sunhats, though may choose to wear one from home. Playscheme children will be encouraged to bring their own sun hat from home.

Clothing: Cancer Research advises loose light-weight cotton clothing that covers arms and legs to be most suitable for accessing outdoors in the sun .

Fluids and hydration: Children are offered cooled water more frequently throughout sunny or warm days, staff will be expected to model sun safe attitudes and access water frequently whilst outside. Drinking water is available for staff throughout the day.

Accessing outdoors: Staff will make day-to-day decisions about the length of time spent outside dependant on the strength of the sun, UV index and outdoor temperature.

In the event of a child or member of staff suffering sunburn, heat stroke or heat exhaustion a trained first aider will administer aid; further medical advice will be sought if required.

"Skin cancer is one of the most common cancers in the UK and the number of cases is rising at an alarming rate. The good news is that the majority of these cases could be prevented. Most skin cancers are caused by ultraviolet (UV) radiation from the sun. If we protect ourselves from the sun then we can reduce our risk. This is particularly important for children and young people whose skin is more delicate and easily damaged"

Cancer Research UK 2017.

Policy Reviewed:	June 2021
Signed on behalf of the Centre	Louise Fairbrass