

# **Sun Safety, Awareness and Protection Policy**

## **Statement of Purpose**

Torphins Playgroup is aware of the importance of protecting children from the sun. Both children and staff should apply sunscreen, be encouraged to wear protective clothing, drink water, and stay in the shade as far as possible.

Babies and young children can become ill during very hot weather. Their health can be seriously affected by:

- dehydration
- heat exhaustion and heatstroke
- sunburn

Staff should be good role models for the children in relation to sun safety. There should be a balance between sun protection and getting enough vitamin D from sunlight.

Torphins Playgroup works in partnership with parents to promote and inform the importance of sun safety, awareness, and protection.

## **Sunscreen**

Where possible sunscreen will be applied at least 30 minutes before the children go outside.

Gloves are not necessary when applying sunscreen but can be worn if preferred. Staff members should wash their hand thoroughly before and after applying sunscreen and in between each child. Sunscreen should not be applied to cut or broken skin.

## **Parental Consent**

We will encourage parents to apply the cream at home, prior to drop off at Playgroup.

We request that parents supply their own preferred sun-cream. Parents must ensure that it is a suitable SPF, clearly labelled and in-date. Where possible an unopened bottle should be provided.

As part of the registration process parental permission is sought to apply Playgroup suncream if an alternative is not provided. Parents are informed of the brand, SPF and when it has been applied.



In both circumstances, we will obtain written permission to apply the sun-cream as required.

### **Sun Protection Factor (SPF)**

The most important information on sunscreen is the SPF (which shows how strong the protection against UVB is), and star rating (which ranks the level of UVA protection). When the sun is strong, spend time in the shade, cover up with clothing and use sunscreen a sun protection factor (SPF) of at least 30, if not 50, to protect against UVB and at least 4-star UVA protection

You won't get the level of the protection on the bottle **unless you put enough sunscreen on**. An adult requires about two teaspoonfuls to cover their face and upper arms. It's also important to reapply sunscreen regularly – it rubs, sweats, and washes off easily, plus you may well have missed bits.

### **Sun safety guidelines**

In the UK, the sun's ultraviolet (UV) rays are the strongest between 11am and 3pm from mid-March to mid-October. During this time, the sun may be strong enough to cause damage. Babies less than six months old should be kept out of direct sunlight.

### **Torphins Playgroup will take extra care to protect the skin by:**

- Spending time in the shade, especially between 11am and 3pm
- Not spending any longer in the sun than you would without sunscreen
- Covering up with clothes, wide-brimmed hats, and UV protection sunglasses.
- Using a sunscreen with at least SPF30, if not SPF50 and 4 or 5 stars.
- Generously applying to areas not protected by clothing, such as the face, ears, feet, and backs of hands. (If sunscreen is applied too thinly, the amount of protection it gives is reduced)
- Reapplying sunscreen regularly which will be used together with shade and clothing. (It is recommended to reapply every 2 hrs)
- Reapplying after water play as water washes sunscreen off even if the sunscreen is water resistant
- Checking expiry dates, replacing after 1 year.

### **Other considerations we make**



## **Appropriate Clothing**

Children will be encouraged to wear clothing that provides good protection from the sun, for example, sun hats, long sleeved tops, or sunglasses.

## **Outdoor Activities**

Outdoor activities will be held in the shade and in screened areas as far as possible. The setting will try to avoid being outdoors in the middle of the day and children will be encouraged to drink water regularly. Children who do not wish to go outside will be allowed to stay indoors. Children wishing to return indoors to the playroom from outside will be able to do so. Water is always freely available for the children and they are encouraged to drink on warm days.

## **Find out more:**

Sunscreen and sun safety

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

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