

Safer Sun Policy



Implementation Date	September 2027
Review Date	September 2030
Reviewer	Liam Donovan

Longwood School & Nursery want staff and children to enjoy the sun safely and are committed to ensuring that all children are fully protected from the dangers of too much sun.

Too much exposure to ultraviolet light (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer.

Staff need to ensure they are encouraging the children to protect themselves from the sun and teach them the importance of wearing sun cream and a sun hat. Staff should be acting as a role model to all the children.

Procedure

- Sun safety will be promoted through working with parents to improve our understanding and provision to avoid the harmful effects of too much exposure to ultraviolet light (UV).
- Staff should act as positive role models and set a good example by seeking out the shade whenever possible and wearing suitable clothing, hat and sunscreen.
- Children should be made aware of the importance of sun hats, sun cream and the need to regularly drink water during the day.
- The nursery gardens will have shaded areas provided either by the nursery building, outdoor shelter(s), trees and/or we have temporary structures i.e. gazebos, etc. for use during outdoor play.
- Children will be encouraged to use the shaded areas during playtimes when appropriate.
- Children should avoid being indirect exposure of the sun between 11am and 3pm when the UV rays are highest.
- Staff should check the UV rays and the strength of the sun daily so they can make day to day decisions about the length of time the children can spend outdoors. Each nursery to check UV readings at [UV index forecast - Met Office](#)
- A UV Index reading of 6 to 7 means high risk of harm from unprotected sun exposure. Protection against skin and eye damage is needed. The UV index does not exceed 8 in the UK.
- Children will be encouraged to wear clothes that provide good sun protection. Children need light-weight cotton clothing suitable for the sun, with long sleeves and long legs if prone to sunburn.
- Children must have a clearly named sun hat which will be worn at all times whilst outside in sunny weather.
- Children are encouraged to increase their water intake in hot weather and are encouraged to drink water during outdoor play times.

- Children must use high factor sun cream (50+) to protect against UVB with prior written consent for staff to apply.
- In line with NHS guidance all suncream must be at least 4-star UVA to provide the best possible protection.
- Sun cream must be applied 30 minutes before going outside and reapplied in line with manufacturers guidance, suncream should never be applied whilst the children are already outdoors.
- Suncream must be applied when the UV is 3 and above.

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- When applying suncream considerations must be made to prevent cross contamination and infection control (ie through handwashing or use of gloves)
- Where children have allergies to specific suncreams the setting must ensure the individual child has an up-to-date care plan.
- Every time sun cream is applied it should be recorded (using online portal or on a sun cream log).
- Staff will make day-to-day decisions about the length of time spent outside dependant on the strength of the sun and the UV rays. Consideration must be made, and children should remain in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.
- Sun cream must be reapplied after water exposure.

Further Guidance

- NHS Sun Safety <https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>
- Sun Safe Nurseries <https://www.sunsafenurseries.co.uk/>
- Met Office <https://www.metoffice.gov.uk/public/weather/uv-indexforecast/#?tab=map&map=MaxUVIndex&zoom=5&lon=-4.00&lat=55.71&fcTime=1629428400>