Stowey Bears Preschool

Sun Protection Policy (Updated to Current National Guidance)

1. Purpose of This Policy

Stowey Bears Preschool is committed to keeping all children safe in the sun. Children aged 0–4 are particularly vulnerable to **heatstroke**, **sunburn**, and **UV damage**, so we follow the most up-to-date national guidance to reduce risks and promote lifelong sun-safe habits.

This policy applies to all children, staff, volunteers, and visitors.

2. Key Principles

- Children's skin is **more sensitive** and burns more quickly than adults.
- UV damage in early childhood significantly increases the risk of skin cancer later in life.
- Heatstroke can develop rapidly in babies and young children.
- Prevention is essential: shade, hydration, and appropriate clothing are the first line of protection.

3. Sun Safety Procedures

A. Daily UV & Temperature Monitoring

- Staff check the **UV index** and **temperature** every morning and at lunchtime using:
  - Met Office UV forecast
  - Local temperature readings
- Actions based on UV levels:
  - **UV 1–2:** Normal outdoor play
  - **UV 3–5:** Sun hats and sunscreen required
  - **UV 6–7:** Limited outdoor play; shade only
  - **UV 8+:** No outdoor play; indoor activities only
- During **Amber or Red Weather Warnings**, the Manager/DSL may restrict outdoor play or close the setting if conditions become unsafe.

B. Clothing & Sun Hats

Parents are required to provide:

- A **named, wide-brimmed or legionnaire-style sun hat**
- Lightweight, loose-fitting clothing that covers shoulders

- Suitable footwear for warm weather

If a child does not have a hat, they will **not** be permitted to play outside during high UV periods.

C. Sunscreen

- Parents must provide **named, high-factor sunscreen (SPF 30–50, broad-spectrum UVA/UVB)**.
- Staff apply sunscreen:
  - Parents must apply suncream before their child attends
  - Before outdoor play
  - Every **2 hours** during high UV periods
- For safeguarding:
  - Staff wear gloves when applying sunscreen
  - Sunscreen is applied in communal areas
  - No child shares sunscreen unless in an emergency
- Babies under 6 months are kept **out of direct sunlight at all times**.

D. Hydration

- Children are encouraged to drink water **every 20–30 minutes** during warm weather.
- Water bottles are kept accessible indoors and outdoors.
- Staff monitor children for signs of dehydration (dry lips, lethargy, irritability).

E. Shade & Outdoor Play

- Outdoor play is **avoided between 11am–3pm** during high UV or heat.
- Shaded areas are used for all outdoor activities.
- Outdoor equipment is checked for heat (slides, metal fixtures, artificial grass).
- Babies remain in shaded, well-ventilated areas only.

4. Heat Safety Procedures

A. Indoor Temperature Management

- Rooms are ventilated using:
  - Blinds/curtains closed
  - Windows open when safe
  - Fans used safely (not directed at children)
- If indoor temperatures exceed **26°C**, activities are adapted.
- If indoor temperatures exceed **30°C**, the Manager/DSL assesses whether the setting can remain open safely.

B. High-Risk Children

Extra precautions are taken for:

- Children with SEND
- Children with asthma, eczema, or epilepsy
- Children taking medication that increases sun sensitivity
- Children with very fair skin

Individual risk assessments are completed where needed.

5. Red Weather Warning Procedures

If the Met Office issues a **Red Warning for extreme heat**, Stowey Bears Preschool will:

- Close if conditions pose a risk to life
- Notify parents via Tapestry, email.
- Provide sun safety advice for home
- Conduct welfare checks for vulnerable families
- Reopen only when indoor temperatures and UV levels are safe

A full risk assessment is completed for each closure.

6. Staff Responsibilities

All staff must:

- Model sun-safe behaviour
- Ensure children wear hats and sunscreen
- Monitor hydration
- Check UV levels daily
- Record any heat-related symptoms
- Report concerns immediately to the Manager/DSL

7. Parent Responsibilities

Parents must:

- Provide a **named sun hat**
- Provide **named SPF 30–50 sunscreen**
- Dress children in sun-safe clothing
- Apply sunscreen before arrival
- Keep children home if they show signs of heat illness

8. Signs of Heat Illness

Staff are trained to recognise:

- Flushed skin
- Dizziness or confusion
- Headache
- Vomiting
- Rapid breathing
- Extreme tiredness
- Hot, dry skin

Any child showing symptoms is moved to a cool area, given water, and parents are contacted immediately.

9. Safeguarding & Record Keeping

- All sun-related incidents are recorded in the accident/incident log.
- Any concerns about neglect (e.g., repeated lack of sun protection) are reported to the DSL.
- Sunscreen application is monitored and recorded for babies and SEND children.

10. Policy Review

This policy is reviewed **annually** or sooner if:

- National guidance changes
- There is a heat-related incident
- A Red Weather Warning affects the setting

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Date updated – July 2026.