

Perth and Kinross Council Education and Children's Services

Sun Awareness Policy

The health and wellbeing of children in our care is at the heart of our setting's practice. We actively promote children's play and learning experiences both indoors and outdoors. To protect children from exposure to harmful UV rays, the following procedures will be implemented:

- Staff will have a good understanding of the importance of sun awareness.
- Staff will provide protective care between March and October and will explain to children about the need to keep safe in the sun and how to do this.
- Staff will ensure all parents/carers complete the sun awareness consent contained within the initial enrolment form.
- Parents/carers should provide a bottle of sunscreen labelled with the child's name. Make sure the sunscreen is not past its expiry date. Most sunscreens have a shelf life of 2 to 3 years.
- Staff will support children to apply sunscreen regularly.
- Staff will take particular care when children are outside during the hottest part of the day between 11am and 3pm. Children should:
 - Wear sun hats, preferably legionnaire style or wide brimmed.
 - Wear clothing covering the shoulders and arms.
 - Wear a minimum of SPF30 sunscreen that provides protection against UVA & UVB.
 - Be well hydrated with regular fluids.
- Staff will seek natural shady areas for children and/or provide shade through resources such as gazebos, canopies etc.
- Parents/carers will be informed of the setting's sun awareness policy and be encouraged to keep their children safe in the sun through a variety of methods. e.g. nursery handbook, newsletters, meetings, noticeboards, see-saw and informal information.

Sun Awareness for Parents

Children love to play outside in the sun; however, children's skin is more sensitive than adults, and damage caused by repeated exposure to sunlight could lead to skin cancer developing in later life.

Please help us to protect your child's skin from sunburn and damage by following the advice below:

- Ensure your child wears appropriate clothing such as longer sleeved T-shirts and longer shorts.
- Provide a suitable hat that covers the ears and neck.
- Apply sun cream to any exposed parts of the body before your child comes to the setting.
- Provide a bottle of sunscreen labelled with your child's name for use during the day.
- Use a minimum of SPF 30 sunscreen that provides four-star protection against UVA and UVB.
- Protect your child's eyes with sunglasses that meet the European/British Standard (BSEN: 1836:2005) and have the CE mark.

Thank you for your support.

