

2.7 Sun Protection Policy

Policy statement

At Perins Pre-school, we are committed to ensuring that all children are fully protected from the dangers of too much sun and UV rays. Severe sunburn in childhood can lead to the development of malignant melanoma (the most dangerous type of skin cancer) in later life.

We follow guidance from the weather and UV level reports and use the following procedures to keep children safe and healthy in the sun:

- Key persons will work with the parents of their key children to decide and agree on suitable precautions to protect children from burning, including those with more sensitive skin types and those that may be more tolerant to the sunshine, e.g. black and/or Asian colouring
- Children must have a clearly labelled sun hat which will be always worn whilst outside in sunny weather. This hat will preferably be of legionnaires design (i.e. with an extended back and side to shield children's neck and ears from the sun) to provide additional protection.
- Children must have their own labelled high factor sun cream with prior written consent for staff to apply. This enables children to have sun cream suitable for their own individual needs. Staff must be aware of the expiry date and discard sunscreen after this date.
- Parents are requested to supply light-weight cotton clothing for their children suitable for the sun, with long sleeves and long legs.
- Children's safety and welfare in hot weather is the setting's prime objective so staff will work closely with parents to ensure all appropriate cream and clothing is provided.
- Staff will make day-to-day decisions about the length of time spent outside depending on the strength of the sun; children will not be allowed in the direct sunlight between 11.00am – 3.00pm on hot days.
- Children will always have sun cream applied before going outside in the hot weather and at frequent intervals during the day.
- Children are encouraged to drink cooled water more frequently throughout sunny or warm days, and this will be accessible both indoors and out.
- Children are made aware of the need for sun hats, sun cream and the need to drink more fluids during their time in the sun.
- Shade will be provided to ensure children are able to still go out in hot weather, cool down or escape the sun should they wish or need to.

Vitamin D

Sunlight is important for the body to receive vitamin D. We need vitamin D to help the body absorb calcium and phosphate from our diet. These minerals are important for healthy bones, teeth, and muscles.

Our body creates vitamin D from direct sunlight on our skin when we are outdoors. Most people can make enough vitamin D from being out in the sun daily for short periods with their hands or other body parts uncovered. Sun cream will stop the ultraviolet B (UVB) rays from reaching your skin, so part of your body should be uncovered and not have sun cream on. We find the right balance to protecting children from sunburn as well as allowing the skin to access the sun for the vitamin D benefits, e.g. hands will be left without sun cream, but children will be fully monitored to ensure no hands are burnt.

The benefits will be discussed with parents, and their wishes will be followed about the amount of sun cream applied.

UV level monitoring

Perins Pre-School take appropriate action to protect children, staff and visitors from harmful effects of ultraviolet (UV) radiation. We obtain our UV level data from the Met Office, which provides reliable forecasts and real time readings relevant to our location. We check the UV levels at the start of the day, and recheck as required if weather conditions changes significantly, or if we are planning outdoor activities at different times of the day.

Understanding UV levels

Low (1-2): Protection is generally not needed, though we will still encourage sensible sun habits such as wearing a sun hat.

Moderate (3-5): Children must wear a sun hat in the garden and sun cream must be applied (a minimum of factor 30). Shaded areas will be provided, and children and staff will be encouraged to take regular water breaks.

High (6-7): Time spent outside will be reduced between the hours of 11 am and 3 pm. Children must wear a sun hat in the garden and sun cream must be applied (a minimum of factor 30). Shaded areas will be provided, and children and staff will be encouraged to take regular water breaks.

Very High (8-10): Outside activities will be minimised as much as possible. Children must wear a sun hat in the garden and sun cream must be applied (a minimum of factor 30). Shaded areas will be provided, and children and staff will be encouraged to take regular water breaks.

Extreme (11+): Outdoor activities will be cancelled or moved inside. Children must wear a sun hat in the garden and sun cream must be applied (a minimum of factor 30). Shaded areas will be provided, and children and staff will be encouraged to take regular water breaks.

This policy was adopted on

20th April 2026

Date to be reviewed

20th April 2027

Signed on behalf of the provider

Michelle Osman

Role of signatory (e.g. chair, director or owner)

Pre-School Manager