SUN SAFETY POLICY

SETTING NAME: Northern Nest Nursery Ltd
DATE COMPLETED: 10/12/2025
REVIEW DATE: 10/12/2026

POLICY RATIONALE

Whilst we recognise that some sun is good for us, over-exposure to Ultraviolet Radiation (UVR) is an important safeguarding issue for pre-school settings. During the warmer months of the year, children are exposed to UVR from the sun, often when penetration is at its strongest (between 11am and 3pm). Without adequate protection, a child's delicate skin can easily burn, causing cumulative and irreparable damage. This can significantly increase their risk of developing skin cancer in later life. Skin cancer is the most common cancer in the UK with rates of the disease rising faster than any other cancer. 86% of skin cancers are caused by over-exposure to UVR, so it is almost entirely preventable. Sun exposure in the first 15 years of life contributes significantly to a persons lifetime risk of skin cancer, highlighting the importance of pre-school settings and parents working together, to increase knowledge and influence behaviours, to ensure children are protected against UVR and learn how to enjoy the sun safely.

This policy outlines our commitment to:
PROTECTION: providing an environment that enables children and staff to stay safe in the sun.
EDUCATION: learning about sun safety to increase knowledge and influence behaviour.
COLLABORATION: working with parents, the management structure and the wider community to reinforce awareness about sun safety.

CLOTHING & SUN HATS | RATIONALE & RECOMMENDATIONS FOR PARENTS

Clothing is one of the most effective barriers between our skin and the sun and should always be considered the first line of defence against UV exposure. Ideally clothing should cover as much skin as possible. Shoulders should always be covered as they can easily burn. A closer weave fabric will provide better protection and a UPF (ultraviolet protection factor) rated fabric will provide best protection.

Sun hats provided by both parents and pre-school settings should be:
• Either broad-brimmed, bucket style or legionnaire to adequately shade the face, neck, ears and cheeks.
• Baseball caps are not recommended because they do not provide shade to the neck, ears or cheeks.

OUR POLICY ON CLOTHING AND SUN HATS	IMPLEMENTING	PLANNING/ INVESTIGATING
We actively remind parents to ensure they provide an appropriate sun hat for use as required throughout the day	☑	☐
We make available additional/spare sun hats for all outdoor play / activities, in the event that a parent is unable to provide one	☑	☐
We ensure children wear their sun hat outdoors when UV levels reach 3 or above	☑	☐
Baseball caps are not recommended and will be phased out	☑	☐
We use Sun Safe strategies to encourage children to cover up like 'No hat, play indoors'	☐	☑
We actively encourage parents to ensure children are dressed in suitable clothing and that shoulders are covered during warmer months. Sunglasses are optional.	☑	☐

SUNSCREEN | RATIONALE & RECOMMENDATIONS FOR PARENTS

Sunscreen should be applied to areas of exposed skin that are not covered by clothing to protect it from Ultraviolet Radiation. Without adequate protection, a child's delicate skin can easily burn, causing cumulative and irreparable damage. This can significantly increase their risk of developing skin cancer in later life.

It is recommended that all sunscreen provided by both parents and pre-school settings should be:

- A minimum Sun Protection Factor (SPF) 30
- Labelled 'Broad-Spectrum' to provide both UVA and UVB protection and labelled with a UVA symbol (minimum 4 stars)
- Applied generously to exposed skin 20 minutes before going outdoors when UV levels reach 3 or above
- ALL sunscreens should be reapplied at least every 2 hours and more often if sweating/towelling
- Sunscreen should be stored in a cool, dry, accessible place.
- Remember to check expiry dates as sunscreen becomes less effective over time. If an expiration date is not displayed, look for an open jar symbol which will have a number next to it (i.e. 9M or 12M) - that's the number of months you can safely use the sunscreen after opening.

OUR POLICY ON SUNSCREEN	IMPLEMENTING	PLANNING/ INVESTIGATING
We actively remind parents to provide a quality sunscreen for application during the day as required	☑	☐
We make available additional/spare sunscreen for all outdoor activities, in the event a parent is unable to provide their own. This sunscreen is available for parents to patch test upon request	☑	☐
We ensure sunscreen is applied when UV levels reach 3 or above, before periods of outdoor play / activities and reapplied at least every 2 hours when required	☑	☐

OUR POLICY ON SHADE	IMPLEMENTING	PLANNING/ INVESTIGATING
We currently provide shaded areas outdoors where children can congregate for outdoor play and activities	☑	☐
We conduct shade assessments to consider future needs and are committed to improving shade solutions where necessary	☑	☐
We encourage children to play in the shade as much as possible when UV levels reach 3 or above, particularly between peak UV hours (11am-3pm)	☑	☐
Babies are always kept in the shade where possible	☑	☐
We monitor and limit time children spend outdoors according to UV levels and during peak UV hours (11am - 3pm)	☑	☐

OUR POLICY ON MONITORING UV	IMPLEMENTING	PLANNING/ INVESTIGATING
We are committed to monitoring UV levels daily during warmer months to ensure appropriate sun safety measures are implemented when necessary	☑	☐
A child each day is selected to be the UV monitor and we display the daily UV level to engage the children and reinforce the importance of sun safety on a daily basis during warmer months	☐	☑

OUR POLICY ON STAFF AND ROLE MODELLING	IMPLEMENTING	PLANNING/ INVESTIGATING
We ensure all staff role model good sun safety behaviors such as applying sunscreen and wearing a sun hat when UV levels reach 3 or above	✔	
We are committed to ensuring all staff are actively involved in the implementation of this policy and that they consider the UV forecast and sun protection/ control measures when planning outdoor play or activities	✔	

OUR POLICY ON SUN SAFETY EDUCATION	IMPLEMENTING	PLANNING/ INVESTIGATING
We are committed to educating children on the importance of sun safety and regularly reinforcing this during warmer months to influence behaviours and embed key messaging.	✔	

OUR POLICY ON INFORMING THE PARENT COMMUNITY	IMPLEMENTING	PLANNING/ INVESTIGATING
We communicate our policy and actively remind parents of the required support through a range of channels e.g. our website, newsletters, text messages, social media and staff meetings.	✔	
We provide parents with sun safety and skin cancer awareness information to promote support and raise awareness of prevention and early detection across our parent/family community.	✔	

OUR POLICY ON HYDRATION	IMPLEMENTING	PLANNING/ INVESTIGATING
We are committed to ensuring children are kept hydrated with drinks, particularly water, available and encouraged regularly throughout the day, especially during warmer weather and physical activity.	✔	

REVIEWING OUR SUN SAFETY POLICY	IMPLEMENTING	PLANNING/ INVESTIGATING
Our setting will regularly monitor and review the effectiveness of this policy and will update the policy on an annual basis in-line with renewing our Sun Safe Nurseries annual accreditation	✔	