

Peter Pan Playgroup

Sun Safety Policy

At Peter Pan Playgroup we acknowledge the importance of sun protection and want staff and children to enjoy the sun safely. Many activities are carried out outside each day and the children are offered the opportunity to play in our outside area, or go on outings, meaning that the children will be exposed to the sun during the months of April-September when the sun's UV rays are at their strongest. We aim to encourage the children's awareness of healthy practice and promote their health which includes ensuring that children receive enough vitamin D to help maintain healthy bones, teeth and muscle, through exposure for a short period to sunlight which is the main source of vitamin D.

Procedures

- Outside play takes place every day from 9.30 am and all children will be encouraged to go outside.
- All staff are aware of the importance of sun protection and ensuring that the children produce enough vitamin D whilst enjoying the sun safely, while taking care not to burn.
- The amount of time needed in the sun to make enough vitamin D is different for each person. It also depends on skin type, time of day, time of year, the UV index level, and where you are in the world. So it is not possible to give a 'one size fits all' recommendation on how much sun is needed to make enough vitamin D. However, most people should be able to make enough from short, casual exposure. Enjoying the sun safely, while taking care not to burn, should help most people get a good balance.
- Therefore staff will gauge the amount of outside play children will have each day on the basis of the weather conditions, time of day bearing in mind the sun's rays are strongest between 11am and 3pm, the UV index level (table shown below), and individual children, before the application of sunscreen will be applied up to a maximum time of exposure to the sun of up to 20 minutes.
- Children will be monitored and recorded when sunscreen is to be applied and reapplied when necessary.
- We will ensure that the application of sunscreen meets the requirements and preferences of all children and parents/carers who will be required to give written permission for staff to apply sunscreen, of at least factor SPF30+ with a UVA star rating of 4/5 on days when the sun is strong.
- Should parents/carers wish to provide their own sunscreen for their child then this should be provided to Playgroup at the beginning of each session, clearly labelled with their child's name, be in date, and of at least factor SPF30+ with a UVA star rating of 4/5.
- Parents will need to provide their child's own sun hat which should be clearly labelled with their child's name. Peter Pan Playgroup can provide sun hats if your child does not have one.
- We ask parents/carers to remember to provide their children with suitable clothing and footwear (wellington boots or 'Crocs' clogs – no footwear with laces or buckles please), covering the toes during the summer months to enable children to move freely but safely when outside. Soles need to grip and be secure on the child's foot. NO FLIP FLOPS or similar sandals.
- When the sun is strong, we will encourage children to sit/play in the shade where it is available and, if necessary, at any point between 11am and 3pm staff will gauge the weather conditions and, if necessary, will return to the hall.
- Children will have regular access to drinking water in the hall and in hot weather they will have access to drinking water outside to keep them hydrated and cool.

- We will promote sun safety with the children who will be encouraged to take some responsibility for their own sun safety.
- We will monitor our progress and review the policy annually following guidelines from local health advisors and the Department of Health.

<u>UV Index Level</u>	<u>Index Exposure</u>
1,2	Low
3-5	Moderate
6-7	High
8-10 or higher	Very high

Shadow rule: if your shadow is shorter than your height, this means that the sun's UV rays are strong and you are more likely to burn.

Source: Met Office