

Rougham Acorns Pre-School and Woodlands Extended Care

Sun Smart policy

Rationale

Too much exposure to ultraviolet (UV) radiation from the sun causes sun burn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of skin cancer.

Aim

Rougham Acorns and Woodlands SunSmart Policy has been developed to ensure that all children and staff are protected from damaging levels of ultraviolet radiation from the sun.

Our sun protection strategies

All children and staff use a combination of sun protection measures during the spring/summer terms. Particular care is taken between the hours of 11am to 3pm when UV levels reach their peak.

Shade

- The management committee will make sure there are a sufficient number of shaded areas in the outside play areas.
- The availability of shade is considered when planning outings and outside activities.
- Children are encouraged to use available areas of shade when outside.

Clothing

When outside, the children are required to wear loose fitting clothing that covers as much skin as possible. Tops with elbow length sleeves, and if possible, collars and knee length or longer style shorts and skirts are best.

Hats

Children are also required to wear hats that protect their face, neck and ears, ie legionnaire, broad brimmed or bucket hats.

Sunglasses (suggested)

Children and staff are encouraged to wear close fitting , wrap around sunglasses that cover as much of the eye area as possible and protect against UVA and UVB radiation.

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Sunscreen

It is advisable to provide additional protection by using a high factor sunscreen, current advice is SPF 50 or above.

Role modelling

Staff will act as role models by:

- Wearing sun protective hats and clothing and sunglasses when outside.
- Applying SPF 15+
- Seeking shade when appropriate.

Sharing information about sun protection

- The children learn about skin and ways to protect their skin from the sun.
- The sun protection policy is reinforced through staff and children's activities, and displays.
- Staff and families are provided with information on sun protection through newsletters, notice boards and meetings.

When enrolling their child, families are:

- Informed of the settings sun protection policy
- Asked to provide a suitable hat for their child
- Asked to apply SPF 50 to their child prior to the session
- Encouraged to practise SunSmart behaviours themselves when at pre-school.

This Policy will be reviewed annually Next Review date.....

This policy was adopted on

Signed.....Chair

Signed.....Manager

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