

## **SUN PROTECTION POLICY**

Skin Cancer is now the most common and fastest rising cancer in the UK. The good news is that skin cancer is almost entirely preventable. Most cancers are caused by UV radiation from the sun. If we protect ourselves from the sun then we can reduce our risk. This is particularly important for young children whose skin is more delicate and easily damaged. Sunburn in childhood can double your risk of skin cancer. So children who are exposed to the sun now are storing up problems for the future.

Our policy is to prevent children from skin damage and to enjoy the sun safely.

- Parents will provide a labelled sun hat to be left at nursery. Sun hats should be either broad-brimmed or legionnaire style (to shade the face, neck and ears that can easily burn). Spare hats are available.
- Children are allowed to wear UV protective sunglasses.
- Sunscreen should offer a broad spectrum UVA/UVB protection with a minimum 4 star rating and Sun Protection Factor 30+. Spare bottles of hypoallergenic, factor 30+ children's sunscreen will be available in all classes within the nursery.
- Parents will apply sunscreen to their child before they attend nursery for both the morning and afternoon sessions.
- Sunscreen will be applied by staff to children who attend all day, in the afternoon only. Therefore, we will assume that all children attending the nursery during our morning sessions and afternoon sessions only have come into nursery with sunscreen already applied.
- Parents must provide labelled sunscreen.
- Parents are encouraged to dress their children appropriately i.e. clothes which cover shoulders and back fully.
- We will provide additional shaded areas in both the front and back gardens by way of gazebos.
- When using the gardens between 1 pm and 3 pm we encourage the children to use the shaded areas to play in and provide additional activities in those areas.
- Water is provided for the children to help themselves at any time.
- Sun safety is included in our topics with the children and we use resources such as the story 'George The Sun Safe Superstar' to reinforce with the children the importance of safety in the sun. We also use the simple message Slip, Slop, Slap with the older children: Slip on a T-shirt, Slop on the sunscreen, Slap on a hat.
- Staff are also encouraged to wear suitable sun protection.
- Before the children leave for an outing, sunscreen will be applied, sun hats worn and hoods on the buggies will be used. Shaded areas will be located and used when stopping for snacks and refreshments.