

SUNCREAM POLICY	
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SUNCREAM POLICY

When the sun is shining, we want to make the most of the warm weather, but we are aware that too much sun is not good for young children. To ensure we protect them from the skin damage caused by ultra-violet rays we have devised a procedure to protect the children in our care.

The procedure is as follows:

- Sun cream will be provided by us unless you have requested to provide your own to the staff in your child's room and in writing to the Administrators.
- If you wish to provide your own, then please ensure that you purchase a bottle to leave here at the setting and ensure that your child's name is clearly printed on the bottle. The NHS website recommends that when buying sunscreen, choose one that has a high sun protection factor (SPF) – sunscreen with a minimum of SPF of 30 <https://www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety/>
- We recommend you provide additional protection for your child e.g., a clearly labeled hat (with a broad rim and neck protection), sunglasses and tops that cover the shoulder.
- We recommend you protect your child's eyes with sunglasses that meet the British Standard (BSEN 1836:2005) and carry the "CE" mark (check the label or ask the manufacturer).
- We request all parents and carers to apply sun cream to their child before they come into the setting as staff may not have the time to apply it on arrival due to the busyness of arrival times.
- Sun cream accordingly through the day by a member of staff.
- Staff will wash their hands after each application to minimise the risk of cross-infection.
- If you are providing your own sun cream and your child has come into the setting with no sun cream applied, we will limit the child's outdoor play for their own protection.
- We will ensure all staff members understand the importance of sun protection and are positive role models to the children in our care.
 - Through discussions with the children about why and how we stay safe in the sun.
 - Wearing suitable clothing, sunglasses and hats.
- Children will not be exposed to direct sun for more than 15 minutes at any time.
- We will encourage the children to play in the shade, especially at peak times, between 11.00am and 3.00pm.
- Outdoor activities and resources will be organised to allow children to play in shadier areas.

Facts about the sun.....

- To reduce the risk of eye damage, never look directly at the Sun, even when wearing sunglasses.

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- The Sun is about a million times brighter than a household light bulb.
- The Sun emits harmful ultraviolet (UV) radiation, which can damage your skin and eyes. In fact, any tan is a sign of damage to your skin!
- Sunburn may hurt for a while but damaging your skin over many years can cause future health problems, including skin cancer.
- Always wear sunscreen of SPF 15 or higher when you will be out in the Sun for more than a few minutes and even on cloudy days - though not as bright as sunny days, much of the harmful UV light still comes through.
- To help protect your eyes, use sunglasses that filter 100% of UV light. When you buy glasses, check for labels that say 100% UV Protection. People who don't protect their eyes when they are young run the risk of loss of sight when older, including getting cataracts.