

# York Road Nursery, Pre-School & Yorkies Daycare



## Sun Cream Policy

Mar 2023

Revision due: Mar 2025

## SUN CREAM POLICY

When the sun is shining, we want to make the most of the warm weather. However, we are aware that too much sun is not good for the children and we want to ensure that we protect them from skin damage caused by ultra-violet rays and therefore 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 that you provide additional protection for your child eg a clearly labelled broad brimmed hat (if possible, with neck protection), and tops that cover the shoulder.
- We recommend that you protect your child's eyes with sunglasses that meet the British Standard (BSEN 1836:2005) and carry the "CE" mark **however, in our setting we do not currently allow sunglasses to be worn by the children and to emphasise that this is only because the children like to run around and it is a hazard if they fall- and not because we do not recognise their use.**
- We request all parents/carers to apply sun cream to their child before they come into the setting as staff do not have the time to apply it on arrival due to welcoming all the children and families at the beginning of the session.
- Staff will apply sun cream accordingly through the day as needed. Staff will wash their hands after each application to minimise 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, the staff will limit the child's outdoor play for their own protection.
- We will ensure that all staff understand the importance of sun protection and are positive role models to the children in our care by having

discussions with the children about their safety in the sun and also wearing suitable clothing, sunglasses and hats.

### **Please note:**

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 the peak times which are 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.....**

- **Never look directly at the Sun**, even with sunglasses. The human eye is not made to look at an object that bright. It is so bright it could easily blind you in just a few seconds.
- The Sun is about a million times brighter than a household light bulb.
- The Sun also 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 many problems, including skin cancer. That is why you should always wear sunscreen of SPF 15 or higher when you will be out in the Sun for more than a few minutes. This applies even for 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.