

# Thanet Early Years Project

## Safe Sun Policy

Thanet Early Years Project (TEYP) recognise that too much exposure to ultraviolet light (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Children who are overweight or who are taking certain medication may be at increased risk of adverse effects. Some children with disabilities or complex health needs may be more susceptible to high temperatures. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of skin cancer.

TEYP wants staff and children to enjoy the sun safely. We will work with staff and parents to:

- Educate children on how to enjoy the sun safely through stories and discussions.
- Ensure that children are covered with a UVA/UVB sunscreen (UVA ideally minimum 4 star +) with a minimum SPF (Sun Protection Factor) of 30+ at least 30 minutes before they are due to go outside.
- Actively encourage both staff and children to wear a hat when outdoors on any day throughout the year that is considered 'hot'.
- Ensure that staff understand that temperatures peak between the hours of 11am and 3pm. (As detailed by SunSmart Protection Campaign).
- Ensure that children spend no longer than 20 minutes outdoors between the hours of 11am and 3pm.
- TEYP staff will have an awareness the health risks from heat and ensure children stay hydrated throughout the day.
- TEYP staff will look out for the signs of heat stress and heat exhaustion – The symptoms vary but include one or more of the following: Tiredness, dizziness, headache, nausea, vomiting, hot, red, and dry skin or confused.
- When the body is exposed to very high temperatures, heatstroke can develop. TEYP staff will look out for the symptoms of heatstroke which include the following: high body temperature (above 40c), red, hot skin & sweating that then suddenly stops, fast heartbeat, fast shallow breathing, confusion/lack of co-ordination, fits or loss of consciousness and act immediately by administering the appropriate first aid action.

We will achieve this through:

- Encouraging parents to apply sun cream to their child before they arrive at nursery.
- Encouraging parents/carers to provide their child/ren with a named hat that protects the head and shades the face, neck, and ears (e.g., broad brim or legionnaire style).
- Encouraging parents/carers to provide their child/ren with suitable suncream or give consent for the nursery suncream to be applied as appropriate.
- Erecting a gazebo and/or ensure there is an area of shade where possible in the nursery garden.
- Encouraging children to apply sun cream to themselves, if able to.

- Ask parents/guardians to sign a permission letter for staff to apply sun cream to their child/ren where necessary.
- Keep a collection of hats in the nursery for those children who do not have their own hat to wear.
- Encourage all staff wears a hat outdoors to set a good example to children.
- Encourage children, where possible, to play in the shade by setting up equipment in shady areas.
- Limiting the time children spend outdoors during hot weather, but particularly between the hours of 11 am and 3 pm when time outside should not exceed 20 minutes.
- Reapply sun cream no more than 2 hours after a child has spent time outdoors in natural sunlight.
- TEYP staff will act to protect children suffering from heat illness immediately by moving the child to a room as cool as possible and encourage them to drink cool water. Cool the child as rapidly as possible, using whatever methods you can for example, a sponge or spray the child with cool water, if available, place cold packs (wrapped in a cloth) around the neck or armpit area, or wrap the child in a cool, wet sheet and assist cooling with a fan. Dial 999 to request an ambulance if the person doesn't respond to the above treatment within 30 minutes. If a child loses consciousness, or has a fit, place the child in the recovery position, call 999 immediately and follow the steps above until medical assistance arrives.
- Provide children with plenty of water (such as water from a cold tap) and encourage them to drink more than usual when conditions are hot.
- Children would be encouraged not to take part in vigorous physical activity on very hot days, such as when temperatures are more than 30c.

### **Protecting children indoors**

During periods of high temperature, the following steps will be taken:

- Open windows as early as possible in the morning before the children arrive.
- Close almost all the windows when the outdoor air becomes warmer than the air indoors - this should help keep the heat out while allowing adequate ventilation.
- Keep the use of electric lighting to a minimum
- Switch off all electrical equipment, including computers, monitors, and printers when not in use – equipment should not be left in 'stand mode' as this generates heat
- If possible, use other rooms from the children which are less likely to overheat, and adjust the room layout spaces to avoid direct sunlight on the children.
- Encourage children to eat normally and drink plenty of cool water.