



3.12 Sun Safety

At Cringleford Crackerjacks, we recognise that while sunshine provides important health benefits, including Vitamin D, overexposure to ultraviolet (UV) radiation can cause sunburn, skin damage and increase the risk of skin cancer later in life. Young children have particularly sensitive skin and require protection.

We are committed to providing a safe outdoor environment by minimising children's exposure to harmful UV rays while still allowing them to enjoy outdoor play and learning.

We aim to:

- Protect children and staff from the harmful effects of the sun.
- Encourage healthy sun-safe habits from an early age.
- Ensure children can enjoy outdoor activities safely.
- Work in partnership with parents to keep children protected.

Sun Safety Procedures

Outdoor Play

Whenever possible, outdoor activities will be planned to avoid the hottest part of the day, particularly between:

11:00am and 3:00pm

During periods of high UV levels we will:

- Use shaded areas for activities.
- Rotate activities between sun and shade.
- Encourage regular drinks of water.
- Reduce vigorous physical activity during extreme heat.

Children will continue to access outdoor play in line with our outdoor learning ethos, with appropriate sun protection measures in place.

Clothing

Parents are encouraged to provide:

- A wide-brimmed sun hat or legionnaire-style hat.
- Lightweight clothing that covers shoulders.
- Comfortable footwear.

Children who arrive without appropriate sun protection may have outdoor play adjusted where necessary to reduce sun exposure.

Sun cream

Parents should:

- Apply a long-lasting sun cream before their child arrives.
- Provide clearly labelled sun cream with a minimum SPF50 and high UVA for reapplication, if providing their own.
- Provide consent allowing staff to apply sun cream.

Cringleford Crackerjacks will:

- Apply sun cream as needed with appropriate parent consent.
- Use sun cream with a minimum SPF 50 and high UVA.
- Record applications on the Famly app.

Staff will wash hands before and after applying sun cream.

Children who are able will be encouraged to apply their own sun cream under supervision to promote independence.

Hydration

Children will have:

- Continuous access to fresh drinking water.

- Frequent reminders to drink.
- Additional drink breaks during hot weather.

Staff will monitor children closely for signs of dehydration.

Shade

The setting will make use of:

- Trees
- Canopies
- Parasols
- Covered outdoor areas

Staff Responsibilities

Staff will:

- Model good sun-safe behaviour.
- Wear suitable clothing and hats where appropriate.
- Encourage children to remain hydrated.
- Monitor weather forecasts and UV levels.
- Adjust activities when temperatures become excessive.
- Observe children for signs of:
 - Sunburn
 - Heat exhaustion
 - Heatstroke
 - Dehydration

Any concerns will be acted upon immediately and parents informed where appropriate.

Parents and Carers

Parents are asked to:

- Apply sun cream before arrival.
- Provide labelled sun cream where required.
- Provide suitable sun hats.

- Provide a water bottle
- Dress children appropriately for warm weather.
- Inform staff of any allergies or reactions to sun cream.

Heatwave Procedures

During official heat alerts the setting will:

- Follow national public health guidance.
- Increase shaded play.
- Shorten periods in direct sunlight.
- Increase hydration opportunities.
- Monitor indoor temperatures.
- Use fans and ventilation where appropriate.
- Contact parents if additional precautions become necessary.

Children with Medical Needs

Individual care plans will be followed for children with:

- Skin conditions
- Photosensitivity
- Medication affecting sun sensitivity
- Other medical needs requiring additional protection

Reasonable adjustments will be made where necessary.

Risk Assessment

Daily risk assessments during warmer months will consider:

- UV Index
- Temperature
- Availability of shade
- Water availability
- Duration of outdoor play
- Individual children's needs

This policy was adopted at a meeting:	
Held on	Date
Date to be reviewed	Date
Signed on behalf of the Committee	
Name of signatory	