



Burpham Pre-School: Sun Safety Policy

Burpham Preschool are committed to ensuring that all children are fully protected from the dangers of too much sun. Too much exposure to ultraviolet light (UV) radiation from the sun causes it sunburn, skin damage and increases the risk of skin cancer.

Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of skin cancer. There is potential for nurseries to help prevent skin cancer in future generations because nurseries can play a significant role in changing behaviours through role modelling and education from an early age.

Children and staff are at risk of sunburn within 10-15 minutes of being exposed to strong sunlight. Skin cancer is largely preventable through behaviour modification and sun protection during early years. It is the staff's responsibility to ensure children are being protected as they are unable to take responsibility for their own sun protection.

Staff need to ensure they are encouraging the children to protect themselves from the sun and teach them the importance of wearing sun cream and a sun hat. Staff should be acting as a role model to all the children. The main elements of this policy are:

Partnership: working with parents/guardians, pre-school staff and the wider community to reinforce awareness about sun safety.

Education: learning about sun safety to increase knowledge and influence behaviour.

Protection: providing an environment that enables children and staff to stay safe in the sun.

Partnership:

- Sun safety will be promoted through working with parents, staff and the wider community to improve our understanding and provision to avoid the harmful effects of too much exposure to ultraviolet light (UV).
- Staff should act as positive role models and set a good example by seeking out the shade whenever possible and wearing suitable clothing, hat and sunscreen.

Education:

- Children should be made aware of the importance of sun hats, sun cream and the need to regularly drink water during the day.

Protection:

Shade:

- The playground has shade provided either by the trees and we have temporary structures i.e. gazebos, etc. for use during outdoor play.
- Children will be encouraged to use the shaded areas during playtimes when appropriate. .
- The Pre-School Manager will check the UV rays and the strength of the sun daily so staff can make day to day decisions about the length of time the children can spend outdoors. A UV Index reading of 6 to 7 means high risk of harm from unprotected sun exposure. Protection against skin and eye damage is needed. The UV index does not exceed 8 in the UK.

Clothing:

- Children will be encouraged to wear clothes that provide good sun protection. Children need light-weight cotton clothing suitable for the sun, with long sleeves and long legs if prone to sunburn.
- Children must have a clearly named sun hat which will always be worn whilst outside in sunny weather. This hat must provide protection of the face, ears and neck. The pre-school will always provide spare appropriate sun hats.

Drinking Water:

- Children are encouraged to increase their water intake in hot weather and are encouraged to drink water during outdoor play times.

Sun Cream:

- Parents should provide their own sun cream ensuring it doesn't contain any nut oils as Burpham Pre-School is a nut-free setting. All sun cream must have a factor of at least 30+ to ensure children are protected from the sun whilst in our care.
- Sun cream must be applied 15 minutes before going outside and reapplied every 2 hours.
- Every time sun cream is applied it should be recorded on a sun cream record form.
- If children are playing in water outdoors, sun cream must be reapplied when they have finished playing.

Reviewed: May 2026

Next Review: May 2027