

4 Health Policy

4.7 Sun Protection Policy

Alongside associated procedures in 4.1 to 4.7, this policy was adopted by You and Me Pre-School on 8th December 2025 by the Committee.

You and Me Pre-School is committed to ensuring that all children and staff are protected from the harmful effects of ultraviolet (UV) radiation from the sun. Excessive sun exposure in childhood increase the risk of developing skin cancer later in life. As a setting we actively promote safe sun behaviours, particularly between March and October, and especially 11am to 3pm, when UV rays are strongest.

Sunscreen is needed for all children, regardless of their skin colour or ethnicity, as UV radiation can damage all skin types and contribute to long-term health risks.

Aim

- To educate children, staff and parents about sun safety.
- To reduce the risk of sunburn, skin damage and long-term skin cancer.
- To ensure children are safe and comfortable while enjoying the outdoors.
- To promote good hydration and sun-safe practices.

Education and Awareness

- Age appropriate discussions and activities on sun safety will begin at the start of the summer season.
- All staff receive training and reminders on the importance of sun protection for themselves and for the children in their care.
- Parents and carers are informed of the pre-school's sun safety expectations on induction and through weekly newsletters or reminders.

Staff act as positive role models e.g.

- Seek shade when possible.
- Regularly applying sunscreen.
- Encouraging children to drink plenty of water.

Environmental Protection

- Our outdoor play area includes natural and artificial shade (trees, canopies).

- During high UV periods, children are encouraged to play in shaded areas and staff rotate activities to avoid prolonged direct sun exposure.

Clothing and Hydration

- Children are encouraged to wear lightweight, loose-fitting clothing that cover the shoulders.
- Sun hats, ideally with wide brims or neck flaps must be provided in your child's bag.
- Staff are encouraged to wear sun-protective clothing and hats to model good practice.
- Children are encouraged to drink more fluids in hot weather.
- Fresh drinking water is always accessible indoors and outdoors.

Sunscreen

We ask that all parents and carers supply an in-date bottle of sunscreen in their child's bag.

- Must be minimum SPF 30 and have a 5-star UVA rating.
- Must be clearly labelled with your child's name.
- Should be suitable for sensitive skin (hypoallergenic, fragrance-free if possible).

Application Procedure

Children attending for a AM or PM only session

- Sunscreen should be applied at home before arriving at pre-school.

Children attending for a Full Day Session (both AM and PM sessions)

- Sunscreen should be applied at home before arriving at pre-school.
- Staff will support children to reapply sunscreen as needed in the afternoon, particularly before extended outdoor play.
- Staff will apply sunscreen if required, providing consent has been granted on the Child Entry Record.
- Staff will wear disposable gloves to maintain hygiene.
- A child's sunscreen will not be shared between children due to allergy and hygiene risks.