

# Ladybird Forest Pre-School



## Safeguarding and Welfare Requirements: Health



### 6.5 Sun Care Policy

#### Policy Statement:

We are committed to ensuring that all children are fully protected from the dangers of too much sun/UV rays. Severe sunburn in childhood can lead to the development of malignant melanoma (the most dangerous type of skin cancer) in later life.

We follow guidance from the weather and UV level reports and use the following procedures to keep children safe and healthy in the sun.

#### Procedures:

- All children must have sun cream applied by parents/carer prior to arriving at the Pre-School during the summer weather. All day sun cream should be applied if your child is attending the setting all day.
- Children must have a clearly labelled sun hat which will be worn at all times whilst outside in sunny weather. This hat will preferably be of legionnaires design (i.e. with an extended back and side to shield children's neck and ears from the sun) to provide additional protection.
- Parents are requested to supply light-weight, loose cotton clothing for their children suitable for the sun.
- Children's safety and welfare in hot weather is the Pre-School prime objective. Staff will make day-to-day decisions about the length of time spent outside depending on the strength of the sun; children will not be allowed in the direct sunlight between 11.00am - 3.00pm on hot days.
- Children are encouraged to drink cooled water more frequently throughout sunny or warm days and this will be accessible both indoors and outdoors. All children must bring a named water bottle each day.
- Children are made aware of the need for sun hats, sun cream and the need to drink more fluids during their time in the sun.
- Shade will be provided to ensure children are able to still go out in hot weather, cool down or escape the sun should they wish or need to.
- On very hot days (that is, where temperatures are in excess of 30°C) children will not take part in vigorous physical activity.



# Ladybird Forest Pre-School



Children playing outdoors will stay in the shade.

- All ventilation openings will be opened during the cool of early morning to allow stored heat to escape from the building.
- All windows and other ventilation openings will not be closed, but their openings reduced when the outdoor air becomes warmer than the air indoors - this should help keep rooms cool whilst allowing adequate ventilation openings or windows.
- All electric lighting will be kept to a minimum during heatwaves.
- We may have to **CLOSE** the Pre-School where severe temperatures have been forecast and conditions are too hot or shortened days, due to the setting being in a portacabin and having no air conditioning.
- A heat-health alert system operates from 1 June to 15 September and is based on the Met Office forecasts and data. Advice will be given for a severe heatwave that has been forecast.
- Declaring a Level 4 alert indicates a major incident. The government will decide whether to go to Level 4 when there is a very severe heatwave which will last for a considerable period of time and will also affect transport, food, water, energy supplies, businesses and health and social care services. The decision to issue a Level 4 alert is made at national level and will be taken in view of a cross-government assessment of the weather conditions, coordinated by the Civil Contingencies Secretariat (Cabinet Office).

## Vitamin D

- Sunlight is important for the body to receive vitamin D. We need vitamin D to help the body absorb calcium and phosphate from our diet. These minerals are important for healthy bones, teeth and muscles.
- Our body creates vitamin D from direct sunlight on our skin when we are outdoors. Most people can make enough vitamin D from being out in the sun daily for short periods.

This policy was reviewed by	Amanda Sanders - Pre-School Manager Victoria Grimes - Admin Manager Rebecca McGough - Chair of Directors
Date of review	13 <sup>th</sup> January 2024
Date for next review	13 <sup>th</sup> January 2025
Chair's signature	