

Sun Care – April 2021

At BarBar Nursery 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:

- Key persons will work with the parents of their key children to decide and agree on suitable precautions to protect children from burning, including those with more sensitive skin types and those that may be more tolerant to the sunshine, e.g. black and/or Asian colouring
- Children and staff must have a clearly labelled sun hat which will be worn at all times whilst outside when the UV is between 3-7. 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
- Children and staff should have UV protection sunglasses to be worn at all times whilst outside when the UV is between 3-7
- Children and staff must have their own labelled **high factor** sun cream with prior written consent for staff to apply. This enables children to have sun cream suitable for their own individual needs. Staff must be aware of the expiry date and discard sunscreen after this date
- Parents are requested to supply light-weight cotton clothing for their children suitable for the sun, with long sleeves and long legs
- Children's safety and welfare in hot weather is the nursery's prime objective so staff will work closely with parents to ensure all appropriate cream and clothing is provided
- Staff are permitted- at the discretion of the Manager- on extremely hot days to wear our staff royal blue tee shirts. They must have their work polo shirt available and they must wear their lanyard.
- Staff will make day-to-day decisions about the length of time spent outside depending on the strength of the sun. For this we use the Met Office's UV index- this is checked and recorded by the setting manager/person in charge on an hourly basis
- <https://www.metoffice.gov.uk/public/weather/uv-index-forecast>
Index Exposure
1-2 Low
3-5 Moderate- wear hats sun cream and glasses
6-7 High- wear sun cream hats and sunglasses
8-10 Very high- not to go outside until the index is back to 7
11 Extreme- this doesn't happen in the UK!
- Children will always have sun cream applied within *10 minutes of going outside in the hot weather and at frequent intervals during the day
- Children are encouraged to drink cooled water more frequently throughout sunny or warm days and this will be accessible both indoors and out
- 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.

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 with their hands or other body parts uncovered. Sun cream will stop the ultraviolet B (UVB) rays from reaching your skin, so part of your body should be uncovered and not have sun cream on. At nursery we find the right balance to protecting children from sunburn as well as allowing the skin to access the sun for the vitamin D benefits, e.g. hands will be left without sun cream but children will be fully monitored to ensure no hands are burnt. The benefits will be discussed with parents and their wishes will be followed with regard to the amount of sun cream applied.