

## Policies and Procedures: Sun Protection.

The damaging effects of sun exposure on young skin have recently been well documented. I will do everything I can, working in partnership with you, to ensure that your child is protected.

I will need you to provide me with:

- Permission to administer the factor 50 sun cream I have (or a high factor sun cream suitable for your child. If providing your own this must have a 5 star rating, be factor 50 and be a spray bottle).
- Sun hat (preferably a Legionnaire's style hat to protect the neck).
- A thin top/T-shirt/cardigan to cover shoulders. In summer, children should not wear vest tops or very short shorts as this increases the amount of skin exposed and at risk of burning.

ET has additional hats and thin T-shirts as we appreciate children can lose these items.

I will ensure that your child uses sun cream and that they wear a hat. Children will regularly be reminded to put it back on and have the reasons why explained. I will avoid spending long periods of time in direct sun light during the hottest part of the day but will encourage children to play under a Gazebo, shade sail or in naturally occurring shade eg under a tree. For younger babies I will ensure that a sun parasol is in place on their push chair. I will encourage your child to drink plenty of water to prevent dehydration and explain the healthy reasons why we need to keep hydrated.

When in the paddling pool, children will be given a water hat to wear and where possible a body covering swim suit. Water resistant sun cream will be worn and the water will be a tepid temperature to reduce the risk of sunstroke. (Please refer to paddling pool P&P).

On very hot days I will ensure play equipment is not too hot to touch. I will make children aware that man hole covers etc will be hot. We have a thermometer to test the temperature of surfaces outside and I will constantly remind children to keep their shoes on to ensure the heat retained in the AstroTurf, tarmac etc does not hurt the soles of their feet.

Vitamin D is an essential vitamin needed to ensure our bodies absorb calcium and phosphate from our diet. These minerals are vital for healthy teeth, bones and muscles. Our bodies create vitamin D from direct sunlight so a little exposure to sun without sun cream is required. ET finds the right balance to protect children from sunburn, as well as allowing the skin access to the sun for these vitamin D benefits.

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Date Reviewed	Signed

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