



Charitable Incorporated organisation No: 1206270
Ofsted No: 2804811

01.08 Sun Safety Policy

Alongside associated procedures in 01.1 to 01.22 Health and Safety, this policy was adopted by Stepping Stones Play and Learn Group on June 2025.

Designated Sun Safety Lead: Sue Townsend

Aim

At Stepping Stones, we are committed to ensuring the health, safety, and well-being of all children in our care. As part of our duty to protect children from the harmful effects of ultraviolet (UV) radiation, this Sun Safety Policy has been developed in line with guidance from the NHS, World Health Organization (WHO), and UK Health Security Agency (UKHSA).

Children's skin is particularly sensitive to UV damage, which can lead to sunburn and increase the risk of skin cancer later in life. This policy outlines how we aim to protect children from overexposure to the sun while enabling safe outdoor play and learning.

Objectives

1. Education and Awareness

- Staff, children, and parents/carers are made aware of the importance of sun safety.
- Sun safety is promoted through:
 - Age-appropriate activities and stories.
 - Circle time discussions and themed days such as Sun Safety Week.
 - NHS and WHO resources will be shared when relevant.

2. Timing of Outdoor Activities

- Outdoor play is limited between 11:00am and 3:00pm, when UV rays are strongest.
- Activities are planned in shaded areas during peak hours whenever possible.
- The UV Index is monitored daily. When UV levels exceed 7, children will be kept indoors.

3. Weather-Health Alerting System

- Staff monitor the UKHSA and Met Office Weather-Health Alerting System:
 - Heat-Health Alerts (1 June–30 September).
 - Cold-Health Alerts (1 November–31 March).
- Alerts enable the setting to take additional precautions during adverse temperature conditions.
- Extraordinary alerts outside these seasons are also monitored.

- In the event of the temperature exceeding 28 degrees, we will monitor the children's well-being and if we cannot keep the children safely cooled and hydrated, we will close the nursery setting, as much notice is given as possible should this be the case.

4. Shade Provision

- Shaded areas are provided using:
 - Natural features (trees, hedges).
 - Fixed canopies
 - Temporary structures (extendable canopy, umbrellas, tents, gazebos).
- Group activities such as story time are encouraged in shaded spots during sunny weather.

5. Protective Clothing

- Children are encouraged to wear lightweight, loose-fitting clothing, preferably cotton type clothing.
- All children must wear wide-brimmed or legionnaire-style hats that protect the face, neck, and ears.
- Parents are advised to keep their child's shoulders covered by avoiding vests or thin strapped tops including thin strapped dresses during peak UV months.

6. Sunscreen Use

- Parents/carers should apply SPF 30+ broad-spectrum sunscreen before arrival at nursery and notify staff on arrival that their child has had sunscreen applied. If they have not applied sunscreen before arriving, sunscreen is provided at our sunscreen station. Parents are asked to apply this to their child before entering the nursery setting.
- With written consent, staff will reapply sunscreen, especially after water play, sweating, or prolonged sun exposure if needed.
- If your child is reactive to sunscreen, we ask that parents provide their own bottle to be kept at nursery.

7. Hydration

- Fresh drinking water is available at all times.
- Children are reminded to drink regularly, particularly during warm weather.
- Water play is encouraged to aid cooling, ensuring it takes place in shaded areas.

8. Staff Role Modelling

- Staff model good sun safety habits:
 - Wearing appropriate sun-protective clothing.
 - Using sunscreen and staying hydrated.
 - Promoting sun-safe behaviours during activities.

9. Parent/Carer Responsibilities

- Ensure children arrive with:
 - Suitable clothing, parents are advised to cover children's shoulders (see above).
 - A sun hat.
 - Pre-applied sunscreen and a labelled bottle for reapplication if required.
- Keep children at home if they have sunburn or show signs of heat-related illness.

10. Policy Review

This policy will be reviewed annually or following updated NHS/WHO/UKHSA guidance or changes in local weather conditions.

Legal References

- Health and Safety at Work etc Act 1974
- Childcare Act 2006
- Public Health England: UV Health Advice
- WHO: UV Radiation Guidelines
- UKHSA Weather-Health Alerting System

Further Guidance

- NHS Sun Safety for Children: www.nhs.uk
- WHO UV Radiation: www.who.int
- UKHSA Weather Alerts: www.gov.uk