

Chaldon Champions

Sun Safety Policy

Chaldon Champions want staff and children to enjoy the sun safely and are committed to ensuring that all children are fully protected from the dangers of too much sun. Too much exposure to ultraviolet light (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of skin cancer. There is potential for childcare providers to help prevent skin cancer in future generations and can play a significant role in changing behaviours through role modelling and education from an early age.

Children and staff are at risk of sunburn within 10-15 minutes of being exposed to strong sunlight. Skin cancer is largely preventable through behaviour modification and sun protection during early years. Children need to be fully protected from the dangers of the effects from the sun. Young children have sensitive skin that can be easily damaged by the sun's dangerous UV rays. It is the staff's responsibility to ensure children are being protected as at this young age they are unable to take responsibility for their own sun protection. Staff need to ensure they are encouraging the children to protect themselves from the sun and teach them the importance of wearing sun cream and a sun hat. Staff should be acting as a role model to all the children.

The main elements of this policy are:

- Partnership: working with parents/guardians, staff and the wider community to reinforce awareness about sun safety and promote a healthy relationship with activities in the sun.
- Education: learning about sun safety to increase knowledge and influence behaviour.
- Protection: providing an environment that enables children and staff to stay safe in the sun.

Partnership

- Sun safety will be promoted through working with parents, staff and the wider community to improve our understanding and provision to avoid the harmful effects of too much exposure to ultraviolet light (UV).
- Staff should act as positive role models and set a good example by seeking out the shade whenever possible and wearing suitable clothing, hat and sunscreen.

Education

- Parents and guardians will be asked through letters/newsletters to support this policy by encouraging their children to adopt the Slip, Slop, Slap message and act as role models.
- Children will be taught 'Slip, Slop, Slap' which will help them remember the basic Sun Safe message.
- Children should be made aware of the importance of sun hats, sun cream and the need to regularly drink water during the day. The Chaldon Champions staff will regularly reinforce the sun safe message through discussion.

Protection Shade

- The school playground has shade provided either by the buildings, outdoor shelter(s), trees and/or we have temporary structures e.g. gazebos, etc. for use during outdoor play.
- Children will be encouraged to use the shaded areas during playtimes when appropriate.

Clothing

- Children must have a clearly named sun hat which will be worn at all times whilst outside in sunny weather. This hat will preferably be of legionaries design (e.g. with an extended back and side to shield children's neck and ears from sun) to provide additional protection.
- Chaldon Champions will provide spare appropriate sun hats and quality sunscreen on site at all times.

Drinking Water

- Children are encouraged to increase their water intake in hot weather and are encouraged to drink water during outdoor play times.

Sun cream

- Chaldon Champions will provide sun cream for the children however if the parents wish to bring in their own sun cream they can. If parents provide their own sun cream then we would require them to fill out a sun cream form to say the name of the cream, name of child, date the cream was brought in and expiry date.
- Sun cream must be applied 15 minutes before going outside and reapplied every 2 hours.
- Every time sun cream is applied it should be recorded in the Log Book.
- If children are playing in water outdoors then sun cream must be reapplied when they have finished playing.

This policy was adopted by: Chaldon Champions	September 2023
To be reviewed: September 2024	Signed: Amy Ireson