1.21 Sun Protection and Parental Agreement

Policy statement

At St Christopher's Playgroup we are committed to protecting children, staff and visitors from the harmful effects of ultraviolet (UV) radiation whilst ensuring children can enjoy outdoor play safely. We recognise that excessive exposure to the sun can cause sunburn, dehydration, heat exhaustion and increase the risk of cancer later on in life. The aim of this policy is to ensure that all children are protected from the harmful effects of the sun and UV radiation and are offered suitable protection at all times. Outdoor play is an essential aspect of young children's learning and development and we want all children and staff to enjoy spending time outside safely without the risk of harmful effects of the sun by:

- Ensuring children have access to the shade throughout the day
- Ensuring an effective sunscreen is applied regularly throughout the day
- Ensuring children wear appropriate clothing, including a brimmed hat during the months of March to October
- Ensuring children have access to drinking water and keep hydrated
- Encouraging safe outdoor play throughout the summer months
- Working with parents, children and staff to achieve protection from the sun
- Promoting healthy sun safety habits.

Procedures

Outdoor Play

- Children will continue to access outdoor play wherever possible, while appropriate precautions are taken.
- During periods of UV levels rated 3 or above or extreme heat, outdoor activities will be scheduled, where possible for earlier in the morning.
- Staff will make use of shaded areas and encourage children to play in these areas during the hottest part of the day (typically between 11.00am and 3.00pm).
- During periods of extreme heat outdoor play will be limited to 20 minutes if no shade is available.
- Activities requiring vigorous physical exertion will be reduced during periods of extreme heat.

- We have a pop up gazebo that will be used during the hotter weather so that children can shade when playing on the grass area

Clothing

Children should wear clothing that helps protect their skin, including:

- Lightweight, loose fitting clothing.
- Tops that cover the shoulders.
- Longer shorts or skirts where practical.
- A wide brimmed hat or legionnaire-style hat that shades the face, ears and neck. (Baseball caps do not provide adequate protection for the ears and neck and aren't recommended)
- We do have spare sunhats to provide to children where necessary.
- We will send out reminders to parents regarding the provision of sun appropriate clothing including text messages and via our newsletter

Sunscreen

- Parents should apply a broad-spectrum sunscreen with a minimum SPF 30 (preferably SPF50) and a UV rating 4 stars or above before their child arrives at the setting on any day where the UV rating is due to be 3 or above or in extreme heat.
- Parents must provide a named bottle of appropriate sunscreen for reapplication during the day where necessary.
- Staff will assist children with applying sunscreen where parental permission has been obtained.
- Parents will complete and sign a parental agreement form on their child's admission to playgroup and at the beginning of each academic year. This will be kept in the child's records.
- Sunscreen should be reapplied in accordance with the manufacturer's instructions, particularly after water play or excessive sweating.
- Staff should supervise older children applying their own suncream to ensure adequate coverage.
- Regular reminders will be sent to parents regarding sunscreen application via text and newsletter.
- If for any reason parents do not agree to apply sunscreen to their child prior to the session starting or for staff to apply this during session then a "sunscreen refusal form" must be completed. Parents must understand that in this instance we still have a duty of care to protect children from the sun when in our care, therefore further measures may need to be put in place eg, only being able to play in shaded areas, making sure their shoulders are covered in appropriate clothing and in some cases during extreme heat may need to remain inside.

Hydration

- Fresh drinking water will be available at all times.

- Children will be encouraged to drink water regularly throughout the day.
- Staff will monitor children for signs of dehydration and encourage more frequent drinks during hot weather.

Other Measures

- Lots of water and ice play will be available during very hot weather.
- Windows will be opened whenever possible to ventilate the room.
- In extreme weather conditions such as high temperatures and red weather warnings we reserve the right to make the decision to either close fully or earlier in the day. Due to no air conditioning the halls reach high temperatures during the afternoon. This is for the wellbeing of the children and staff.

Health and Safety

If a child displays symptoms such as dizziness, headache, excessive tiredness, nausea, confusion or unusually hot skin, staff will:

- Move the child to a cool, shaded area.
- Encourage them to drink water if appropriate.
- Remove excess clothing if necessary.
- Cool the child using damp cloths or cool water.
- Contact parents or carers as appropriate.
- Seek emergency medical assistance immediately if heatstroke is suspected.

Staff Responsibilities

Staff will:

- Make parents and carers aware of the setting's sun safety policy
- Monitor weather forecasts and UV levels during periods of hot weather
- Ensure children are appropriately protected before going outdoors.
- Encourage regular drinks and rest breaks.
- Be alert to signs of sunburn, dehydration, heat exhaustion or heatstroke.
- Follow the setting's procedures should a child become unwell due to heat.
- Explain to children about the need to keep safe in the sun and how to do this.
- When reapplying sunscreen, staff will use new, disposable gloves for each child where different sunscreen is being used
- Staff will record details of reapplying sunscreen on the Sunscreen Record Sheet.
- If a parent or carer decides to refuse the application of suncream then they are required to complete a Parent Declaration and Refusal Consent Form. In this instance the setting may decide to

put extra precautions in place such as only playing in shaded areas or reduced outdoor play in very hot conditions.

Parents and Carers

Parents and Carers are asked to:

- Read our policy on sun safety and complete the Parental Consent for Sunscreen Application and Sun Protection Agreement when joining the setting and at regular intervals to keep consent updated.
- Apply sunscreen before bringing their child to the setting.
- Provide a clearly labelled sun hat and suitable clothing. If additional eye protection is required, then sunglasses with UV filters can be provided.
- Supply labelled suncream if reapplication is required. This must be within it's "use by" date.
- Inform the setting of any allergies or medical conditions relating to sunscreen or heat exposure.

Equality and Inclusion

The setting recognises that children have different skin types and individual needs. Sun protection measures will be applied appropriately for all children whilst respecting cultural, religious and medical considerations.

This policy was adopted at a meeting of	St Christopher's Playgroup	name of setting
Held on	July 2026	(date)
Date to be reviewed	June 2026	(date)
Signed on behalf of the management committee	KJCookes	
Name of signatory	Karen Cookes	
Role of signatory (e.g. chair)	Manager	