

## Auchinairn Early Years Centre



## Sun Safe Policy

### Rationale

Whilst we recognise that some sun is good for us Too much exposure to ultraviolet (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 contribute significantly to the lifetime risk of skin cancer.

Children are exposed to UV rays in the warmer months of the year especially when penetration is strongest between 11am and 3pm. This can significantly increase their risk of developing skin cancer. Auchinairn EYC is a Sun Safe centre and it is important to work alongside parents/carers to increase knowledge and influential behaviours to ensuring children are protected against UV rays.

### Education

All children will be involved in a discussion, appropriate for their age and understanding, at the start of summer about sun protection and the risks

All staff will be educated in the importance of sun protection and the risks involved in not protecting both themselves and others

Parents and carers will be informed about our policy

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 UV. Staff should always act as a positive role model and set a good example by seeking shade whenever possible, wearing appropriate clothing, and applying sunscreen.

### **Application Expectations**

- Parents must apply sun cream before the start of every session.
- Staff will reapply at the midpoint of sessions when UV levels require it.

- Sun Safe Stations will be available for parents with cloakroom space areas for occasions that application at home has been forgotten.

## **Clothing & Footwear**

In-line with our Sun Safety policy we ask that parents recognise that clothing should be considered the first line of defence when it comes to protecting our skin. As a minimum preventative measure in this respect, we ask that parents ensure shoulders are kept covered with a T-shirt.

Auchinairn EYC provide children with access to suitable sun hats from April through to the end of September. Our sun hats are broad-brimmed legionnaire style to shade the face, neck, ears and cheeks. Baseball caps are not recommended, as they do not provide adequate shade.

In the height of summer:

- Children are encouraged to wear longer sleeves where appropriate.
- A sun hat will be provided by the EYC.
- Footwear must be suitable for climbing and exploring and must have a secure strap.
- Children wearing unsuitable footwear (e.g. flip-flops or loose sliders) will require safer alternatives, parents will be asked to provide safer alternatives.
- Sun cream and outdoor play are often a sign of a fantastic, fun-filled day!

However, sun cream, paint, sand, water and mud can mark clothing. Please send your child in clothes you do not feel precious about, as outdoor exploration can be wonderfully messy.

## **Hydration & Cooling Down**

- Children will have regular access to fresh drinking water throughout the nursery day.
- Staff will actively encourage children to drink frequently.
- On particular warm days, fruit ice lollies and sugar free diluting juice may occasionally be offered to help children cool down (dietary needs will always be considered).

## **Indoor & Outdoor Learning**

Children benefit from free flow access between indoor and outdoor learning spaces.

To ensure safety during warmer weather:

- Adequate shaded areas will always be available outdoors.
- Activities may be adapted to make use of cooler spaces.
- When UV levels are very high, children will be encouraged to play and learn indoors during peak times, while still having access to rich learning experiences.

## **Even on Cloudy Days...**

UV rays pass through cloud cover, meaning protection may still be required on cooler or overcast days. We will always follow official weather guidance and adjust accordingly.

Our priority is protecting children's skin now and for generations to come, while ensuring they continue to enjoy rich, high quality outdoor experiences.

## Policy

At Auchinairn EYC we will:

- Staff will check the website: Met Office to get the daily UV ray readings
- Provide sun hats for all children that will protect their head and the back of the necks.
- Ensure children wear a sun hat when the UV rays are 3 and above
- We use sun safe strategies to cover up 'no hat, play indoors'
- Children wear sun cream when the UV rays are 3 and above
- Sun cream will be provided by the nursery unless parent has stated otherwise – A contribution of a seasonally £5.00 to cover costs.
- Parents will complete a sun cream barrier form if child needs own cream.
- Parents of children that attend for a half day should apply sun cream to their child at home. For those children that attend for a full day, parents should apply cream to their children before they come to nursery and staff will assist the child in re-applying it during the day when necessary
- All sun creams bought/provided should sun cream must be in date and be a minimum factor 30 with a 4-star UVA rating or above (this is usually visible on the bottle).

- Sun cream will be applied to children at several points throughout the day (every 2 hours).
- Shaded areas are provided in the outdoor area
- We monitor and limit time spent in the sun when the UV is high
- Auchinairn EYC are committed to monitor the UV rays daily and change accordingly
- We ensure staff role model good sun safety behaviours by applying sun cream when necessary and wearing a sun hat when UV rays reach 3 and above
- We are committed to ensuring children are kept hydrated and water stations are set up throughout the playroom and outdoor area. Children are encouraged to drink regularly throughout the day

HGIOELCC: 2.1, 2.4, 2.5

UNCRC: Article 3

Quality Framework: 1.2, 1.4, 4.1

Health and Social Standards: 1.3, 1.12, 1.19, 1.24

Signed: .....

March 2026