

Sun Protection Guidance

Early Learning and Childcare

Risk Management and Legal Implications

Failure to manage risk may impact on the delivery of the service objectives and the outcomes achieved by service users. Education and Children's Services aim to mitigate the implications by ongoing management and review of risk in all elements of work activity.

The creation of this document is one way in which we aim to reduce exposure to risk and ensure consistency across settings. Providing staff with information on good practice, making reference to other guidance that is available across the Council and providing clarity on how we should do things, we can ensure that the management of risk is essential to what we do.

Document Creator	Version	Date of Creation	Review Date
Fiona McNeill	1.0	May 2023	By May 2025

Young children need special care when they are in the sun. Whilst in their early years setting they will enjoy and have free flow access to playing outdoors in all weathers, but they are not always aware of how the sun can damage their skin. The damaging effects of exposure to the sun on young skin is well documented even when there is cloud cover and it may not be particularly hot young skin may still be at risk. However the sun also provides health benefits and so a balance must be drawn.

East Lothian Council fully comprehends the need for children to be safe in the sun and has put the following guidance in place to ensure that there is consistent practice across our services.

Aims

- To protect children while they are in our care.
- To help work in partnership with parents to protect children at all time
- To help children understand the importance of keeping themselves safe in the sun.
- To encourage lifelong learning in respect of personal health and the sun.

In order to achieve this across settings

- Staff to educate themselves about the risks of sunburn.
[Sunscreen and sun safety - NHS \(www.nhs.uk\)](http://www.nhs.uk)
- Staff to provide protective care over the summer months between April and September.
- Staff will take particular care when children are outside during the hottest part of the day between 11.00 am and 3.00 pm.
- Staff will check UV filters daily using an online monitor, protection will be applied when UV levels are 3 or above - [UV Forecast - United Kingdom - WillyWeather.](#)
- Staff will add additional shaded play areas outdoors.

At the hottest time of the day children should:

- ✓ **Wear hats (legionnaire style if possible)**
- ✓ **Wear clothing covering the shoulders and arms**
- ✓ **Only be outside for limited periods, when it is sunny (15-20 minutes in the sun before refreshing in cool shade)**
- ✓ **Wear/apply appropriate sunscreen**
- ✓ **Will be encouraged to make use of shady areas in our play areas**
- ✓ **Make use of the shaded areas outdoors**
- ✓ **Have access to fresh drinking water and be encouraged to drink throughout the session**

Parents/carers will be informed about guidance and be encouraged to keep their children safe in the sun. This will be shared at and through:

- Nursery inductions
- The nursery handbook
- Newsletters throughout the year, especially in the late spring/summer terms
- Informal discussion and information from staff

This information will include:

- Application and appropriate use of sunscreen
- Appropriate eye protection with a brimmed hat and ideally sunglasses with UV filters
- The application of sunscreen to their child prior to coming to nursery. Parents/carers who have not applied sunscreen will be given nursery sunscreen to apply at drop off.
- Parents will be made fully aware that nursery sunscreen, SPF 50+, will be reapplied as required although they can supply their own clearly labelled with their child's name.
- Parents providing their own sunscreen should provide sunscreen with a minimum protection of SPF 30, anything under SPF 50 will need to be applied twice. A short term non prescribed medication form will also need to be completed
- Staff will encourage children to apply sunscreen independently
- If staff need to apply sunscreen to children they will wash their hands before and after application.
- At the end of spring term/beginning of the summer term staff will explain to children about the need to keep safe in the sun and how to do this
- A short information leaflet will again be given to parents at this time.

Evaluation

This guidance will be regularly reviewed in consultation with National Guidance and relevant agencies.

This guidance is underpinned by the following National Guidance and Legislation

<p>Social Care Standards</p>	<ul style="list-style-type: none"> • 1.19 My care and support meets my needs and is right for me • 1.24 Any treatment or intervention that I experience is safe and effective. Wellbeing • 1.39 I can drink fresh water at all times • 3.20 I am protected from harm, neglect, abuse, bullying and exploitation by people who have a clear understanding of their responsibilities. • 4.1 My human rights are central to the organisations that support and care for me. 4.2 The organisations that support and care for me help tackle health and social inequalities. • 4.11 I experience high quality care and support based on relevant evidence, guidance and best practice. • 4.23 I use a service and organisation that are well led and managed. • 4.27 I experience high quality care and support because people have the necessary information and resources.
<p>HGIOEL&C</p>	<ul style="list-style-type: none"> • Arrangements for safeguarding, including child protection • Arrangements to ensure wellbeing • National guidance and legislation
<p>A quality framework for daycare of children, childminding and school-aged childcare</p>	<p>This includes the extent to which children's rights are respected and promoted through the following key areas:</p> <ul style="list-style-type: none"> • children are supported to feel safe, secure and are protected from harm • staff have a clear understanding of their responsibilities and are supported by comprehensive child protection procedures to inform their practice.

Information sharing for families/significant adults:

[Sunscreen and sun safety - NHS \(www.nhs.uk\)](https://www.nhs.uk)

[Sun Safety \(for Parents\) — Print Version - Nemours KidsHealth](#)

Resources for use with children:

[Primary school and early childhood resources | Cancer Council](#)

[georgeTheSunSafeSuperstar.pdf \(skcin.org\)](https://www.skcin.org/georgeTheSunSafeSuperstar.pdf)

[Free Resources \(sunsafenurseries.co.uk\)](https://www.sunsafenurseries.co.uk)

