



Sun Safety Policy

Bijou Day Nursery & Crèche, Cowbridge

Policy owner: Nursery Manager / Rheolwr y Feithrinfa

Version: 2.0

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Approved by: Samantha Rennison, Responsible Individual / Unigolyn Cyfrifol

1. Policy Statement

Bijou Day Nursery & Crèche is committed to ensuring that all children, staff, and visitors are fully protected from the dangers of over-exposure to ultraviolet (UV) radiation. Severe sunburn in childhood significantly increases the risk of developing malignant melanoma and other skin cancers in later life. This policy outlines the practical steps we take to reduce that risk while ensuring children still benefit from outdoor play and learning.

This policy supports the requirements of the Child Minding and Day Care (Wales) Regulations 2010 (as amended), the National Minimum Standards for Regulated Childcare (2016), and CIW guidance on outdoor play and health & safety. It also reflects guidance from Public Health Wales and Cancer Research UK.

2. Aims

- Protect children from sunburn, heat exhaustion, and dehydration
- Educate children, staff, and families about sun safety in an age-appropriate way
- Ensure children continue to enjoy the benefits of outdoor play safely
- Balance sun protection with the need for vitamin D from safe sun exposure
- Meet the requirements of our duty of care under health and safety legislation

3. UV Monitoring & Decision-Making

Staff check the UV index forecast daily during spring and summer months (typically April–September).

When the UV index is 3 or above:

- All sun protection measures in this policy are activated
- Outdoor play times are adjusted to avoid the peak UV period (11:00 am – 3:00 pm)
- Shade is prioritised for all outdoor activities

The Nursery Manager has final authority on whether outdoor play proceeds in extreme heat or high UV conditions.

4. Sun Protection Measures

4.1 Sun Cream

- Parents must provide a clearly labelled bottle of high-factor sunscreen (SPF 30+, broad-spectrum UVA/UVB) for their child
- Written consent for staff to apply sun cream is obtained on the registration form and renewed annually
- Sun cream is applied at least 20 minutes before going outdoors and reapplied every 2 hours (or more frequently after water play)
- Staff check expiry dates monthly and discard expired products, informing parents promptly
- Children with sensitive skin, eczema, or allergies to standard formulations are discussed individually with parents to agree a suitable product

4.2 Clothing

- Children must have a clearly named sun hat — preferably a legionnaire-style hat with extended back and side panels to protect the neck and ears
- Sun hats are worn at all times during outdoor play in sunny weather
- Parents are asked to provide lightweight, loose-fitting clothing covering the shoulders and, where possible, the upper arms
- UV-protective swimwear is recommended for water play activities

4.3 Shade & Environment

- Permanent and temporary shade structures (canopies, sails, gazebos, dens) are available in all outdoor play areas
- Shade provision is reviewed and maintained at the start of each summer season
- Sand, water, and sensory trays are positioned in shaded areas during hot weather
- Indoor activities are always available as a cool-down alternative

4.4 Hydration

- Fresh drinking water is available at all times, indoors and outdoors
- Children are actively encouraged and reminded to drink water more frequently on warm days
- Staff monitor children for signs of dehydration (dry lips, lethargy, reduced wet nappies)
- Water bottles are taken on all outings during warm weather

5. Heat Exhaustion & Sunburn Response

If a child shows signs of heat exhaustion (excessive sweating, pale skin, nausea, headache, confusion) or sunburn:

- The child is moved to a cool, shaded area immediately
- Cool (not cold) water is offered in small sips
- Cool, damp cloths are applied to the skin
- Parents/carers are contacted immediately
- If symptoms are severe or do not improve, emergency services (999) are called
- The incident is recorded on the accident/incident form and reported to the Nursery Manager

6. Vitamin D

Sunlight is important for the body to produce vitamin D, which supports healthy bones, teeth, and muscles. We balance protection with safe exposure:

- Short periods of outdoor play with uncovered hands (without sun cream) are permitted when UV levels are low (UV index below 3)
- Parents' wishes regarding their child's sun cream application are always respected and documented
- We share information with families about vitamin D supplementation as recommended by Public Health Wales

7. Staff Responsibilities

- All staff are briefed on this policy during induction and at the start of each summer season
- The Nursery Manager ensures sun safety resources (shade, water stations) are in place before summer
- Key workers discuss individual sun care arrangements with parents during settling-in
- Staff model sun-safe behaviour (wearing hats, applying sun cream)

8. Educating Children

In line with the Curriculum for Wales Health and Well-being Area of Learning and Experience, we teach children about sun safety in age-appropriate ways:

- Circle time discussions about why we wear hats and use sun cream
- Stories and songs about sun safety
- Encouraging children to recognise when they feel hot and to seek shade or water

9. Related Policies

- Health & Safety Policy
- Accident & Incident Policy
- Outings Policy
- Risk Assessment Policy
- Intimate Care Policy