

Woolpit ARC

SunSmart Policy

Rationale

Too much exposure to ultraviolet (UV) radiation from the sun causes sun burn, 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.

Woolpit ARCs SunSmart policy has been developed to ensure that all children and staff are protected from damaging levels of ultraviolet radiation from the sun.

Our sun protection strategies

- All children and staff use a combination of sun protection measures during the spring/summer terms. Particular care is taken between the hours of 11am to 3pm when UV levels reach their peak.

1 Shade

- The Management committee will make sure there are a sufficient number of shaded areas in the outside play areas. We have X 2 sails which can be used to make shaded areas over the water play area and sand play.
- The availability of shade is considered when planning outings and outside activities.
- Children are encouraged to use available areas of shade when outside.

2 clothing

- When outside children are required to wear loose fitting clothing that covers as much skin as possible. Tops with elbow length sleeves, and if possible collars and knee length or longer style shorts and skirts are best.

3 Hats

- Children are also required to wear hats that protect their face, neck and ears, ie legionnaire, broad brimmed or bucket hats. Woolpit ARC has a few spare hats for children that forget to bring one.

(Please note: Baseball caps do not offer enough protection and are therefore not recommended)

4 Sunglasses (Suggested)

- Children and staff are encouraged to wear close fitting, wrap-around sunglasses that cover as much of the eye as possible and protect against UVA and UVB radiation.

5 Sunscreen

- It is advisable to provide additional protection by using a high factor sunscreen, current advice is SPF 15 or above (UVB protection) and at least 4 stars (UVA protection). Parents/carers should supply sunscreen for their child and sign a consent form if they wish staff to assist their child to apply the lotion. Children will be encouraged to be independent in applying sunscreen.
- All sunscreen should be in date. Bottles will usually have a symbol of an open pot with the letter M then a number. The number represents the number of months the sunscreen will last once opened.
- It is recommended that the sunscreen is water resistant, due to water play being available outside. Some sunscreens have been developed to be applied once a day. It is still recommended that this is reapplied during the day due to water play and hand washing etc.
- Sunscreen should be applied 20 minutes before going outside.
- We encourage parents to apply sunscreen to their child before coming to the setting.

Role modelling

Staff will act as role models by:

- Wearing protective hats, clothing and sunglasses when outside.
- Applying SPF 15+ broad spectrum, water resistant sunscreen
- Seeking shade as appropriate.

Sharing information about sun protection

- The children learn about skin and ways to protect their skin from the sun
- The sun protection policy is reinforced through staff and children's activities and displays
- Staff and families are provided with information on sun protection through newsletters, noticeboards and meetings.

When enrolling their child families are:

- Informed of the settings sun protection policy
- Asked to provide a suitable hat for their child
- Asked to apply SPF 15+ broad spectrum, water resistant sunscreen to their child prior to the session, and to supply sunscreen, for staff to assist their child as necessary. A consent form must be signed by the parents/carers
- Encouraged to practice SunSmart behaviours themselves when at Woolpit ARC.

Review

- Management and staff will monitor and review the effectiveness of the sun protection policy annually and revise the policy when required.

This policy was adopted on: 24/02/2010

Signed:-----

Name: Jackie Grant

Position: Manager

Reviewed and revised on 07/01/2019

Next review Jan 2020