

FIRST STEPS (BATH)

SUN PROTECTION POLICY

3J

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

At First Steps Bath we want all staff and children to enjoy the sun safely. We will work with staff, parents, and carers to achieve this.

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 on the importance of sun protection and the risks involved in not protecting both themselves and others. 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. [Sun Safe Nurseries](#)
- Parents and carers will be informed about our policy

Protection

- The nursery garden has areas of shade provided with shade from the building, outdoor shelter, temporary shades, and large trees.
- Children will be encouraged to use the shaded areas during playtimes.
- The children will be encouraged to wear clothes that provide good sun protection (sun hats etc)
- Parents/carers will be duly informed of the importance of providing the nursery with the appropriate clothing/headwear
- Staff should wear hats when appropriate to act as a good role model and to also demonstrate drinking plenty of water
- Children are encouraged to increase their water intake in hot weather and are encouraged to do so in outdoor areas also.
- Water will be available to children throughout the day. (Both indoors and outdoors)

Sunscreen

- Parents are asked to apply sunscreen prior to attending nursery, give permission for sun cream to be applied to their children (see permissions form on admission).
- First steps Bath will provide a suitable sensitive 50+ sun cream to be applied during the day. The brand of sun cream used is shared with families at the start of the summer and parents/carers can provide an alternative if they wish.
- Parents are required to provide the nursery with an appropriate sun cream for their children if they are allergic to any brand. The sun cream must be in date and be a minimum factor 30. Parents are welcome to leave the sun cream at the nursery for

the duration of the summer, but this cream must be clearly labelled with the child's name on it.

Written by Charlotte Millar and approved by SMT July 2021

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