

# Blackhall Nursery

## Sun Safety , Awareness and Protection Policy

### Statement of Purpose

Early learning and childcare settings need to be aware of the importance of protecting children from the sun. Both children and staff should apply sunscreen, be encouraged to wear protective clothing, drink water, and stay in the shade as far as possible.

### Guidance

Young children can become ill during very hot weather. Their health can be seriously affected by:

- dehydration
- heat exhaustion and heatstroke
- sunburn

Staff should be good role models for the children in relation to sun safety. Blackhall Nursery follows guidelines as issued by Edinburgh Council which state:

From March to October, follow guidance from the weather and UV level reports (NHS), and use the following procedures to keep children safe and healthy in the sun:

### CLOTHING

- Ensure children are dressed in suitable clothing and that shoulders are covered during warmer months. Ideally light-weight cotton clothing for their children suitable for the sun, with long sleeves and long legs. Sunglasses are optional.
- Ensure children wear their sun hat outdoors when UV levels reach 3 or above, preferably Legionnaires design (i.e. with an extended back and side to **shield children's neck and ears** from the sun) to provide additional protection

### SUNCREAM

- Children should have their own labelled high factor sun cream with prior written consent. This enables children to have sun cream suitable for their own individual needs.
- Ensure sunscreen is applied when UV levels reach 3 or above, before periods of outdoor play / activities and reapplied at least every 2 hours when required.
- A minimum Sun Protection Factor 30 (SPF 30), BUT ideally SPF50, where possible.
- Suncream should be labelled 'Broad-Spectrum' to provide both UVA and UVB protection and labelled with a UVA symbol (minimum 4 stars)
- Apply generously to exposed skin, 20 minutes before going outdoors when UV levels reach 3 or above.

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Staff will record when the cream was applied to ensure correct procedures in relation to the application of the sunscreen are being followed.

Nursery shares this information with parents/carers prior to their child starting Nursery and strongly encourages them to comply with the guidance. Where parents/carers do not wish their child to have suncream applied the Nursery will endeavour to find out why and overcome any barriers. Parents will be required to sign to say that they understand that their decision goes against Nursery policy and that we may change their child into clothing that covers more skin (long trousers, long sleeved tops etc) and keep them inside/ out of the sun when UV levels are 3 or above.

## Outdoor Activities

Outdoor activities will be held in the shaded areas as far as possible and children will be encouraged to drink water regularly.

## Find out more:

Sunscreen and sun safety <https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

Sunburn <https://www.nhs.uk/conditions/sunburn/>

Sun, UV and cancer <https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/sun-uv-and-cancer>

This policy relates to:

Health & Social Care Standards: 1.32, 1.39, 3.20, 4.11,

SSSC Codes of practice: 4.3, 5.7

UNCRC articles: 3, 24, 31

See Appendix I for letter to be signed in event of parent/carer requesting suncream not be applied in Nursery

See Appendix for Form 2 'request for nursery to issue non-prescribed topical creams'

Adopted on: 28/04/2025

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## Sun safety, awareness and protection policy - Appendix I

Form to be completed in the event of parent/carer refusing to allow suncream application at Nursery.

Child's name:	Date of birth:
Parent/carer's name:	
Contact phone number 1:	Contact phone number 2:
Signed:	Date:

I understand that by refusing to allow suncream to be applied in Nursery I am going against their advice and Blackhall Nursery's sun safety, awareness and protection policy.

I agree to dress my child in long trousers and long-sleeved tops and understand that Blackhall Nursery may change my child into these in the event that I fail to do so.

I understand that my child may be restricted in their choices if Nursery require them to stay indoors/in shaded areas during the day. Their wellbeing overrides their right to choose. If my child is distressed by this I understand that I may be asked to collect my child early.

If the manager judges that my child's wellbeing is being impacted by the risk created by exposure to the sun I understand that they may implement the nursery's child protection policy and share this information with my child's named person.

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## Sun safety, awareness and protection policy - Appendix II

### Form 2: Request for nursery to issue non-prescribed topical creams

This form may be used exclusively for non-steroid topical creams (i.e. nappy ointment, moisturiser, emollients, sun cream) and should be reviewed every 3 months.

For queries regarding other non-prescribed medication please contact the ASL Nurse [ASLS.Healthcare@ea.edin.sch.uk].

To be completed by the parent/carer

Pupil's name	Date of birth
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I request that the above pupil be given the following product while at nursery:

Name of Product	Amount to be given	Minimum time between application	Date & time of last application

**Please list the symptoms for which the cream is to be given OR note set times to administer:**

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**If there are any concerns regarding administering, adverse reaction or does not have desired effect, parents will be contacted as soon as possible to discuss next steps.**