All Silver Stars Day Nursery policies will be subject to any future change according to Government legislation and guidelines to maintain the safety of all children, families, staff and visitors.

1.11

Sun Protection

Policy statement

Excessive exposure to ultraviolet (UV) radiation from the sun can cause sunburn, skin damage, and increase the risk of skin cancer. Exposure during the first 15 years of life significantly contributes to lifetime risk.

Silver Stars Day Nursery aims to ensure that all children and staff enjoy the sun safely, by working with staff, parents, and carers.

Education of importance in sun protection

- Children are educated about sun protection appropriate to their age at the start of summer.
- Staff are trained on the risks of UV exposure and the importance of sun protection for themselves and children.
- Parents and carers are informed about the nursery's sun safety policy.
- Staff act as positive role models by seeking shade, wearing protective clothing, and drinking plenty of water.

Sun safety will be promoted through working with parents, staff, and the wider community to improve our understanding and provision to avoid the harmful effects of too much exposure to UV. 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.

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

Procedures

Protection

- Shade is available in the nursery garden via shelters and trees.
- Children are encouraged to play in shaded areas when appropriate.
- Indoor activities are offered if outdoor temperature is too high.

- Children do not use the garden if temperature exceeds 28°C.
- Outdoor play is avoided if UV exceeds 4, unless shaded and safe.

Clothing

- Children are encouraged to wear sun hats and clothing that provide good sun protection.
- Parents are informed of the importance of providing appropriate sun-protective clothing.
- Staff wear hats and model healthy practices, including drinking water.
- Children are encouraged to drink water frequently, indoors and outdoors.
- Water is always accessible, including from their own water bottles.

Sunscreen

- Parents must apply the first layer of sun cream at home before nursery.
- Only factor 30–50 sunscreen is accepted; “once-a-day” creams are not used.
- Written permission from parents is required for staff to reapply sunscreen.
- Parents must provide in-date sunscreen, labelled with the child’s name.
- Sunscreen must be applied 20 minutes before outdoor play and reapplied every 1.5 hours or after water play.
- Staff must apply sunscreen to children thoroughly (neck, ears, feet, etc.); children are not to apply it themselves.
- Children are encouraged to remain seated calmly after sunscreen application.
- Staff record time and date of application in the sunscreen log**.**

Drinking Water

- Children bring their own bottles, which are refilled regularly.
- Water is available indoors and outdoors at all times.
- Increased water intake is encouraged in hot weather.
- Bottles are taken on outings and outdoor play.

This policy was adopted by	Silver Stars Day Nursery
Date	February 2026
Review Date	February 2027
Name of signatory	Jenifer Capper
Role of signatory	Proprietor
Signed: Date: February 2026	