# Policy on Sun Safety

We believe that access to outdoor learning environments is important. The children are educated about the health benefits of being outside as well as the precautions that are necessary to avoid over exposure.

**To ensure the children stay hydrated**

Children both indoors and outdoors at the nursery are encouraged to stay hydrated throughout the day. In addition to snack and meal breaks, children have access to water and, when out on walks and visits away from the nursery, water is taken in a rucksack.

**Sun-safe clothing**

Parents must ensure that their child has a suitable hat to wear that shades the face and neck. A child must be able to remove layers of clothing if they get too hot, or change to cooler clothing.

**To prevent Sunburn**

It is the parents’ responsibility to apply suncream prior to arriving at the nursery in the morning. Each child must have their own, labelled, sun screen to be kept at nursery and this will be applied by staff, if required, in the afternoon.

**Shade**

The outdoor environment will be organised to maximise the use of shade.

**Incidence of Sunburn or Heat Rash**

Sunburn is red, itchy and tender. Babies and young children are particularly vulnerable. If a child develops sunburn they must be moved into the shade or a cool room and given a cold drink. A cool wet flannel can be gently applied to red areas.

Heat rash is a prickly, red rash particularly around the sweat glands on the chest and the back and under the arms. The child must be moved into the shade or a cool room, clothing removed and sponged down with cool water. Pat the skin dry with a soft dry towel, leaving the skin slightly damp.

In all situations the parent will be contacted. If the child develops blistering they must be taken to a doctor.

**Heatstroke**

If a child is restless, flushed, dizzy and has a temperature or headache following sun exposure, they should be treated for heatstroke and *an ambulance must be called*.