

Safeguarding and Welfare Requirement: Health

The provider must promote the good health of children attending the setting.



6.7 Safety in the sun

Policy statement

We take steps to ensure that there are effective procedures in place to protect children from the sun whilst maintaining current health guidelines.

Procedures

Guidelines

- Babies under 6 months should be kept out of direct sunlight. Older babies should be kept out of the sun as much as possible. Particularly in the summer and between the hours of 11am and 3pm when the sun is at its strongest.
- Children (7 months to five years old) should have up to 15 minutes of sun exposure between 11am and 3pm without any sun cream. This is dependent upon each individual child and their skin type.
- New guidance has been developed due to an increase in cases of Vitamin D deficiency and Vitamin D deficiency related illnesses in young children.

Vitamin D

- Vitamin D is required to help the body absorb calcium and help make healthy bones.
- Some people are more at risk of Vitamin D deficiency related illness than others.
- Diet alone will not provide the right amount of vitamin D.
- Children need to spend time outside every day, particularly in the summer months (April to September) as the sun's rays produce vitamin D.

Sun safety

- We follow current guidelines for the application of sun cream and sun exposure for young children.
- We take care not to let any child burn and use our judgement for applying sun cream.
- Each child is considered individually regarding the application of sun cream.
- All children are required to have sun cream applied after no more than 15 minutes of sun exposure.
- Babies are kept out of direct sunlight.

- As current guidelines suggest, our normal play times continue through the summer months. Play times may be reduced if it is too hot. Staff make judgements daily.
- We provide a nursery sun cream suitable for children, with at least sun factor 30. If a child is allergic to the sun cream provided by Jolly Tots, or a parent wishes for another sun cream to be applied, they are asked to bring a sun cream of their choice and for it to be clearly labelled with their child's name.
- We help promote the children's awareness of 'safety in the sun'.
- A range of activities are available under the sail shade and children are encouraged to play in the shade during longer outdoor play times.
- Parents/carers should provide a named sun hat for their child.
- Our staff are positive role models and practice sun safety by applying sun cream and wearing sun hats.
- Drinking water is always available during hot weather and children are encouraged to drink regularly.
- We monitor and review our sun safety policy in accordance with new guidelines and risk assess for cases of extreme heat.
- Our policy has been developed in line with guidance taken from a recommended policy by Bradford Council and Public health in Bradford and Airedale.

This policy was adopted by	Jolly Tots Preschool Nursery	(provider)
on	<u>1st September 2025</u>	(date)
Date to be reviewed	<u>September 2026</u>	(date)
Signed on behalf of the management	<hr/>	
Name of signatory	<u>Lee Davison</u>	
Role of signatory (e.g., Chair/owner)	<u>Manager</u>	