

The Little Explorers Preschool

Warm Weather and Sun Protection Policy



This policy has been written to ensure the safety of the children when out in the sun. We understand that some exposure to UV light from the sun is important for children's health and helps them to gain vitamin D. However, too much exposure to the sun can lead to very damaging effects including sun burn, sun stroke and skin cancer.

As a Preschool, we believe being outdoors as much as possible is invaluable to children's physical and mental well-being and we endeavour to be outside every day in almost any kind of weather. Children have free flow access to the garden for the majority of each session.

We have lots of shaded areas available in the garden where children can play such as under trees, a canopy area and we also make our own dens to reduce direct exposure to the sun.

We position activities to be in shady areas where possible and will encourage children to play in shaded areas.

Sunscreen Policy

- We recommend that suncream should provide a minimum of SPF 30 and have 5 star UVA rating
- If the weather apps show a UV of 3 or more suncream must be applied
- Suncream must be applied by parents at home before arrival
- Suncream in bags must be in the original bottle and be clearly labelled with the child's name
- Suncreams containing nut-based ingredients are not permitted due to allergies
- Suncreams must be in date
- Written consent must be given if you wish for suncream to be reapplied by staff
- If families prefer for children not to use suncream they must sign our 'No Suncream Consent Form' and provide safe clothing so children can still benefit from time spent outdoors

Suncream Application

Children attending for half a day

- Suncream needs to be applied at home before arrival

Children attending for all day sessions

- Suncream needs to be applied at home before arrival, staff will support children to reapply suncream as needed in the afternoon, after face wiping or water play

Staff will wash hands between each application of suncream and suncream will not be shared to reduce risk of allergies and maintain hygiene.

Clothing Requirements in Warmer Weather

- All children will be required to bring a named sunhat to wear at all times when out in sunny/hot weather/high UV. Sun hats that cover neck and ears are encouraged.
- Children should wear lightweight, loose-fitting clothing that covers the shoulders (no strappy tops).
- Staff will support children in being aware of suitable clothes for the temperature

- Sunglasses with UV protection are encouraged
- Staff will ensure all children wear a hat in the garden and encourage 'no hat play inside
- We provide spare sun hats for outdoor play if a child does not have one.
- Suitable footwear must be worn (no flip flops or open toes)

Hydration

- Children are encouraged to regularly drink and drink more fluids in hot weather.
- Fresh drinking water is always accessible indoors and outdoors
- Drink bottles are to be taken outside/inside as needed

Education and Awareness

- Regular newsletters and memos will be sent out about sun safety and expectations
- Families will be notified when sunhats and suncream will be needed
- Information on sun safety is included in the startup pack
- Children will be brought inside in extreme temperatures/high UV
- Age appropriate sun awareness activities will be provided as weather gets warmer
- Staff will role model keeping safe in the sun

Staff responsibility

- Staff will do their best to check UV levels each morning and display on notice board, we encourage parents to check daily and apply suncream accordingly.
- Staff will monitor water bottles and encourage extra fluids if needed
- Staff will check children have suncream on as they arrive and record it
- Staff to ensure children are wearing sun hats and appropriate clothing for outside play
- Staff to move activities to shaded areas and encourage children to play in shade
- Outdoor play is monitored and children to be taken inside if UV levels or temperatures get too high
- If a child becomes sun burnt or has symptoms of sun stroke, the keyperson will call families immediately to inform them and follow the guidelines from the NHS website and administer first aid if necessary

I have read and understood this policy and will adhere to it as part of my daily practice

This Sun Safety Policy is also informed by guidance and resources provided by the Sun Safe Nurseries programme <https://www.sunsafenurseries.co.uk>

Policy Date: July 2025

Review Date July 2026