



## **Sun Safety at Little Hearts Preschool Cranleigh**

At Little Hearts Preschool Cranleigh, we take sun safety very seriously and are committed to protecting our children from the harmful effects of ultraviolet (UV) rays.

Following the guidelines set forth by the NHS, we have implemented a comprehensive sun safety policy to ensure that children can enjoy outdoor activities safely during the warmer months.

### **Sun Protection Measures:**

- Pre-Application of Sun Cream:

To protect children from the sun's harmful rays, we ask that parents apply sun cream to their children before they arrive at Little Hearts Preschool Cranleigh during the summer months. This initial application is essential for ensuring that children are protected from the moment they step outside.

- Reapplication of Sun Cream:

With parental permission, our staff will assist children in reapplying sun cream as needed throughout the day, especially if they are spending extended periods outdoors or if the sun cream's effectiveness may have diminished due to activities or time. We use sun cream that meets the NHS-recommended SPF standards to provide the best possible protection.

- Sun Hats:

All children are required to wear a sun hat while playing outside during the summer months and on hot, sunny days. We kindly ask that parents ensure their child's hat is clearly labeled with their name to prevent any mix-ups.

- Appropriate Clothing:

We encourage children to wear tops that cover their shoulders, as this provides an additional layer of protection against UV rays. Vests and strappy tops are discouraged during the summer months to minimize the risk of sunburn.

- Hydration: Staying hydrated is crucial during hot weather. We ensure that fresh drinking water is readily available throughout the session, and children are encouraged to drink water regularly to stay hydrated.

- Indoor Play During Extreme Heat:

If the temperature is deemed too high for safe outdoor play, as advised by NHS heat safety guidelines, we will bring the children inside to continue their activities in a cooler, shaded environment. This measure ensures that children are not exposed to excessive heat, which can lead to heat exhaustion or other heat-related illnesses.

### **NHS Guidelines and Best Practices:**

- UV Index Awareness:

We monitor the UV index and follow NHS guidelines to determine the safest times for outdoor play. When the UV index is high, we limit outdoor activities to avoid peak sun exposure times, typically between 11 am and 3 pm.

- Parental Collaboration:

We work closely with parents to ensure they are informed about our sun safety policies and the importance of sun protection. We provide reminders and updates about applying sun cream, dressing appropriately, and ensuring children have the necessary protective gear.

- Education:

Children are also educated about the importance of sun safety through age-appropriate discussions and activities. We teach them the value of wearing hats, applying sun cream, and staying hydrated, helping them develop healthy habits for sun protection.

### **NHS Heat Safety Guidelines for Children Aged 2 to 4**

#### **1. Stay Hydrated:**

- **Encourage Frequent Drinking:**

Ensure children drink plenty of fluids, even if they don't feel thirsty. Water is the best option, but diluted fruit juice can also be offered.

- **Avoid Dehydrating Drinks:**

Avoid giving children drinks that can lead to dehydration, such as those high in sugar or caffeine (e.g., fizzy drinks or energy drinks).

#### **2. Sun Protection:**

- **Apply Sunscreen:**

Use a broad-spectrum sunscreen with at least SPF 30. Apply it generously to all exposed skin areas at least 30 minutes before going outside and reapply regularly, especially after water play or sweating.

- **Wear Protective Clothing:**

Dress children in lightweight, loose-fitting clothing that covers their arms and legs. A wide-brimmed hat that shades the face, neck, and ears is also essential.

- **Seek Shade:**

Keep children in the shade as much as possible, especially between 11 am and 3 pm, when the sun's UV rays are the strongest. Use a sunshade or parasol when outside for extended periods.

### **3. Keep Cool:**

- **Indoor Play:**

When temperatures are high, especially if the UV index is high, it is advisable to keep children indoors or in a cool, shaded area during the hottest part of the day.

- **Ventilation:**

Keep rooms well-ventilated and use fans or air conditioning if available. Consider closing blinds or curtains to keep rooms cool.

### **3. Monitor for Heat-Related Illness:**

- **Recognize the Signs:**

- Be alert for signs of heat exhaustion, which can include tiredness, dizziness, headache, vomiting, muscle cramps, and intense thirst. If a child shows any of these symptoms, take action immediately.

- **Immediate Actions:**

If a child shows signs of heat exhaustion:

- Move them to a cool place.
- Encourage them to drink fluids (preferably water).
- Cool their skin by spraying or sponging them with cool water and fanning them.
- Seek medical advice if symptoms do not improve or if you are concerned.

By adhering to these sun safety practices and following NHS guidelines, Little Hearts Preschool Cranleigh ensures that children are protected from the harmful effects of sun exposure while enjoying their time outdoors. Our proactive approach to sun safety reflects our commitment to the health and well-being of every child in our care.

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