

Sun Protection & Heatwaves Policy

Sun Protection Policy

Grafton Childcare has a responsibility to ensure that children are protected from overexposure to UV rays from the sun, and the National Institute for Clinical Excellence (NICE) guidelines for skin cancer prevention (2011) recommend that schools "develop, implement and monitor a specially tailored policy to ensure people are protected as much as possible". This is particularly important when engaging in school based activities such as sports days, outdoor PE lessons, outdoor excursions and water sports, where the potential for sunburn is higher. Although fair-skinned people have a higher risk of sun damage, sun protection is relevant to everyone. Developing our sun protection policy is an important step towards encouraging good health now and in the future.

Skin cancer is one of the most common cancers in the UK and the number of cases is rising at an alarming rate. The good news is that the majority of these cases could be prevented. Most skin cancers are caused by ultraviolet (UV) radiation from the sun. If we protect ourselves from the sun then we can reduce our risk. This is particularly important for children and young people whose skin is more delicate and easily damaged.

What about vitamin D?

We all need some sun to make enough vitamin D. Enjoying the sun safely, while taking care not to burn, should help most people get a good balance without raising the risk of skin cancer. For more information on vitamin D, visit the SunSmart website: www.sunsmart.org.uk

At Grafton Childcare we acknowledge the importance of sun protection and want staff and children to enjoy the sun safely. We will work with staff and parents to achieve this through: **EDUCATION** - these measures are in place from now on:

- Sun protection is discussed interactively with all children at the start of the summer term
- Children engage in activities (picture painting, songs etc.) designed to promote sun safety behaviour to reinforce the sun protection messages.
- Parents are informed of the importance of sun protection through information published via our weekly blog, our parental permission forms and via this Heatwave and Sun Protection policy. **See "Parental permission form (i) - Administering medicines - sunscreen"**
- We run special sun protection updates during our regular half-termly staff meetings.

PROTECTION - this is more of an ongoing process. Shade:

- When the sun is strong we will encourage children to sit/play in the shade where it is available.
- Key workers will consider sun protection when planning all outdoor activities from April to September (the sun is strongest at this time of year). Under 2's should **always** be kept out of direct sunlight.

- We have revamped our front gardens and rear playgrounds to make them accessible to the children year round, by providing camouflage screening and astro turf (Spring 15), sail sunscreens (Summer 15) and a large sun awning (Summer 13).
- Seating and play equipment are moved to shady areas and organised activities make use of the shade available on a daily basis.

Timetabling:

- Children will spend more time playing outside in the front gardens before 11am and after 3pm, and less time outside over lunch, if this is sometimes unavoidable, ensure hats, clothing and sunscreen are worn to minimise sunburn.

Clothing:

- All Children are required to wear hats that cover the ears, face and neck between 11am and 3pm. Wide brimmed hats or legionnaire style hats are ideal. **We would ask that parents do not send in baseball caps as these offer very limited protection from the sun.**
- We have a supply of Grafton Childcare wide brimmed hats and legionnaire style hats to loan to children who forget their own or have brought in unsuitable baseball style caps..
- All staff will be encouraged to wear hats when outside to reinforce role modelling.
- Children are encouraged to wear tops that cover their shoulders (vests and strappy tops are discouraged).
- Children are allowed to wear their own labeled UV protective sunglasses, although Grafton Childcare cannot be held responsible if they become lost or broken.

Sunscreen:

- **All parents of children are required to take responsibility for applying the first application of sunscreen per day to their children themselves.**
- Grafton Childcare will seek your written permission for staff to apply and or supervise children to apply sunscreen on days when the sun is strong. **See "Parental permission form (i) - Administering medicines - sunscreen"**
- Children will need to bring in their own clearly labelled bottle of sunscreen, at least factor SPF 15+, but ideally SPF 50, or you will have given Grafton Childcare ongoing written permission to use their own SPF 50 sunscreen on your child as and when required. **See "Parental permission form (i) - Administering medicines - sunscreen"**
- Sunscreen should be used for covering exposed areas of skin when shade may be unavailable. Grafton Childcare has chosen a sunscreen with an SPF of at least 50+ which is also broad spectrum to protect from UVA and UVB rays and will ensure that application of sunscreen is applied adequately and regularly.
- At least factor SPF 50+ sunscreen is used by Grafton Childcare and this is applied adequately and regularly - this means two teaspoonfuls for the **head, arms and neck** only.
- If children spend more than five hours at Grafton Children, then sunscreen will be reapplied regularly between 12 noon and 3pm if required, **having assumed parents**

have applied the first application of sunscreen per day to their children themselves prior to their children attending Grafton Childcare.

- Children are supervised applying their own sunscreen, if they are old enough to do so.
- Each child should bring in their own labelled bottle of sunscreen from home, if parents do not wish Grafton Childcare to use their own sunscreen.
- Grafton Childcare holds a stock of sunscreen for children who forget/cannot afford their own.

Heatwaves

Here at Grafton Childcare we are mindful that high temperatures both outdoors and indoors may harm children's health. In the event of a heatwave alert, local authorities will be alerted by the Met Office, and we will be alerted by the Devon Early Years & Childcare Service.

Children's susceptibility to high temperatures varies; those under four years of age, who are overweight, or who are taking certain medication may be at increased risk of adverse effects. Some children with disabilities or complex health needs may be more susceptible to high temperatures. Key worker's should be made aware by parents and carers of the particular needs and risks of the individual child and how to manage them. Grafton Childcare may seek further information about supporting children with a specific medical condition from the child's community health practitioner, family health visitor or the child's specialist health professional, with parental permission.

What are the health risks from heat?

Children cannot control their body temperature as efficiently as adults during hot weather because they do not sweat as much and so can be at risk of ill-health from heat. Heat-related illness can range from mild heat stress to potentially life-threatening heatstroke. The main risk from heat is dehydration (not having enough water in the body). **If sensible precautions are taken children are unlikely to be adversely affected by hot conditions**, however, all of Grafton Childcare's Key Workers will look out for signs of heat stress, heat exhaustion and heatstroke.

Heat stress

Children suffering from heat stress may seem out of character, or show signs of discomfort and irritability (including those listed below for heat exhaustion). These signs will worsen with physical activity and if left untreated can lead to heat exhaustion or heatstroke.

Heat exhaustion

Symptoms of heat exhaustion vary but include one or more of the following:

- Tiredness
- Dizziness
- Headache
- Nausea
- Vomiting
- Hot, red and dry skin

- Confusion

Heatstroke

When the body is exposed to very high temperatures, the mechanism that controls body temperature may stop working. Heatstroke can develop if heat stress or heat exhaustion is left untreated, but it can also occur suddenly and without warning.

Symptoms of heatstroke may include:

- High body temperature - a temperature of or above 40°C (104°F) is a major sign of heatstroke
- Red, hot skin and sweating that then suddenly stops
- Fast heartbeat
- Fast shallow breathing
- Confusion/lack of co-ordination
- Fits
- Loss of consciousness

Actions Grafton Childcare will take to protect children suffering from heat illness

The following steps to reduce body temperature should be taken immediately:

- Move the child to as cool a room or area as possible and encourage them to drink cool water (such as water from our water cooler, fridge or a cold tap)
- Cool the child as rapidly as possible, using whatever methods we can. For example, sponge or spray the child with cool (25 to 30°C) water; if available place cold packs around the neck and armpits, or wrap the child in a cool, wet sheet and assist cooling with a fan
- Dial 999 to request an ambulance and contact the Parents, Carers or Emergency Contacts if the person doesn't respond to the above treatment within 30 minutes.
- **If a child loses consciousness, or has a fit, we would place the child in the recovery position, call 999 immediately and follow the steps above until medical assistance arrives.**

Protecting children outdoors

During periods of high temperature the following steps should be taken:

- Children will not take part in vigorous physical activity on very hot days, such as when temperatures are in excess of 30°C
- Encourage children playing outdoors to stay in the shade as much as possible
- Children should wear loose, light-coloured clothing to help keep cool and sunhats with wide brims to avoid sunburn
- Use sunscreen (at least factor 50 with UVA protection) to protect skin if children are playing or taking lessons outdoors for more than 20 minutes, for which prior parental permission will be provided.

- Provide children with plenty of water (such as water from our water cooler, fridge or a cold tap) and encourage them to drink more than usual when conditions are hot

Protecting children indoors

During periods of high temperature the following steps should be taken:

- Open windows and close ceiling blinds in the conservatory as early as possible in the morning before children arrive, or preferably overnight to allow stored heat to escape from the building - being mindful of the need to maintain the security of the building.
- Almost close windows when the outdoor air becomes warmer than the air indoors - this should help keep the heat out while allowing adequate ventilation
- Use outdoor sun awnings and sun sails, or close indoor blinds/curtains, but do not let them block window ventilation
- Keep the use of electric lighting to a minimum
- Switch off all electrical equipment, including computers, monitors and printers when not in use - equipment should not be left in 'standby mode' as this generates heat and wastes electricity
- When possible, use the front gardens, classroom, lounge and other spaces which are less likely to overheat, and adjust the layout of teaching spaces to avoid direct sunlight on the children
- Our two portable oscillating mechanical fans and two fixed mechanical fans (in the playroom and conservatory) can be used to increase air movement if temperatures are below 35°C; at temperatures above 35°C fans may not prevent heat-related illness and may worsen dehydration
- If necessary, we would consider rearranging session start, finish and play times to avoid children being outside during very hot conditions
- Encourage children to eat normally and drink plenty of cool water

This policy was developed with the help of staff, parents, Public Health England and Cancer Research UK in June 2015. We will monitor our progress and review the policy every two years.

Parental permission form (i) - Administering medicines

PLEASE PRINT

SUNSCREEN

Full name of child

To be completed by parent/guardian for continuous treatment/therapies prescribed medicines and lotions.

I am the parent/legal guardian of the child named above I recognise that too much sunlight may increase my child's risk of getting skin cancer someday.

I understand that as a parent of the above named child that I am required to take responsibility for applying the first application of sunscreen per day to my child myself and that if my child spends more than five hours at Grafton Children, then sunscreen will be reapplied regularly between 12 noon and 3pm if required. I understand that Grafton Childcare will have assumed that as a parent I have applied the first application of sunscreen per day to their child themselves prior to their child attending Grafton Childcare.

Therefore, I give permission for staff at **Grafton Childcare** to apply a broad spectrum sunscreen product (that provides UVA & UVB protection) with SPF 50 or higher to my child according to the manufacturer's instructions and as specified below, before playing outside. The sunscreen will be applied between the times of 12 noon and 3 pm during the months of April through September. I understand that sunscreen may be applied to exposed skin, including but not limited to the face, tops of ears, nose and bare shoulders and arms, but not to the eyelids or skin touched when rubbing the eyes.

(please tick where appropriate)

I have checked all applicable information and read Grafton Childcare's, Sun Protection and Heatwaves Policy regarding the type and use of sunscreen for my child. This can be found on the Parent's page of Grafton Childcare's website www.graftonchildcare.co.uk

My child has no known allergies or reactions to sunscreen.

(Choose one of the following options)

Please apply a factor 50+ Suncream provided by Grafton Childcare as a sunscreen following the manufacturer's instructions printed on the container.

Please use **only** the brand/type of sunscreen listed below that I (parent) am supplying for use on my child, following the instructions printed on the container.

Name of product:

Please apply either of the above mentioned sunscreens (put product name in box above), to ensure that my child is adequately protected from the sun on the odd occasion when I might forget to leave my child's sunscreen with Grafton Childcare or have failed to replenish their supplies after being notified that they were running low.

Please do not apply sunscreen to my child's skin.

I will ensure that a wide brimmed hat or legionnaire style sun hat is left at Grafton Childcare for the use of my child April through September each year. I understand that this will be stored in the "Kid's Shed" and not put back into your child's bag at the end of each session to allow quick access to hats when my child is playing outside.

I am happy for my child to use one of Grafton Childcare's own supply of wide brimmed or legionnaire style sun hats which are stored in the "Kid's Shed" to allow quick access when needed.

Signed by parent/guardian

1

Date

2

Date