

# Protecting Children from the Sun Policy

## Aim

At Liberty Kids, we want to keep children safe and healthy when they play outside, especially on sunny days. Sun safety helps prevent sunburn, skin damage, and other health problems now and later in life.

## Parental Responsibilities

- Parents/carers are asked to apply sunscreen to their children before arrival at nursery each day
- Parents/carers must supply a clearly named bottle of hypo-allergenic, water-resistant sunscreen with a minimum SPF 30, preferably SPF 50, to be kept at nursery for staff to reapply as needed
- Sunscreen must be in date and previously tested on the child's skin to minimise allergy risk
- Written parental consent for staff to apply sunscreen while the child is at nursery is required
- Parents/carers should provide a named wide-brimmed hat that covers the face, neck, and ears for sun protection
- Parents/carers should be aware that ultraviolet (UV) rays can cause skin damage even on cloudy or breezy days, so precautions remain necessary regardless of weather.

## Staff Responsibilities

- Staff will encourage and support children to wear their named sun hats whenever outdoors during sunny weather
- Staff will reapply sunscreen from the child's own bottle to all uncovered skin areas regularly, especially after water play or excessive sweating, following NHS and Childcare Alliance guidance (every 2–4 hours or sooner if washed off)
- Staff will ensure shaded outdoor areas are available and encourage children to use these areas. If shade is insufficient, temporary shelters (gazebos, parasols) should be used where possible
- Drinking water must always be readily accessible to children outdoors to prevent dehydration
- Babies under 12 months will be kept out of direct sunlight at all times, as their skin is especially vulnerable
- The managers will monitor weather and UV index forecasts to adjust outdoor playtimes accordingly
- On days when the UV index is 3 or higher, especially between 11:00 a.m. and 3:00 p.m., outdoor play will be limited or scheduled in shaded areas to reduce UV exposure.
- On very hot or sunny days, staff may decide to move activities indoors or increase shade provision to reduce direct exposure
- Staff should be aware that ultraviolet (UV) rays can cause skin damage even on cloudy or breezy days, so precautions remain necessary regardless of weather.

### **Additional Good Practice**

- Children are encouraged to wear sun-protective clothing (loose, lightweight, long-sleeved tops and trousers) during sunny weather
- Sun safety messages and reminders will be communicated regularly with parents/carers and staff
- Staff model sun-safe behaviour by wearing hats, applying sunscreen themselves, and seeking shade.

### **Health and Safety**

- Any incidents of sunburn or skin reactions are recorded, reported to parents/carers, and managed according to the nursery's health and safety and medication policies
- Staff monitor signs of heat-related illness or sunstroke and take prompt action if children show symptoms.

### **Review**

This policy is reviewed annually or as needed in line with updated guidance from the Care Inspectorate, NHS, and Scottish Government early years frameworks.

## Protecting Children from the Sun Policy Links to Frameworks and Standards

### Links to the Quality Improvement Framework for Early Learning and Childcare (2025):

This policy supports the following areas and Quality Indicators (QIs) from the Care Inspectorate’s latest QIF version:

- **Children thrive and develop in quality spaces**  
**Quality Indicator: Children experience safe, nurturing, and health-promoting environments (pages 25–30)** — This policy supports the provision of safe outdoor play environments, promotes preventative health care practices such as sun protection, hydration, and responsive management of weather-related risks.
- **Children are supported to achieve**  
**Quality Indicator: Health and wellbeing (pages 40–45)** — By encouraging healthy sun safety routines and supporting parental involvement through clear communication and consent, the policy reinforces children’s physical wellbeing and empowers healthy habits.
- **Leadership**  
**Quality Indicator: Leadership and management of staff and resources (pages 55–60)** — Strong leadership is demonstrated through monitoring weather and UV forecasts, reviewing policy regularly in line with health and regulatory guidance, and ensuring staff model and promote sun-safe behaviour.

### Health and Social Care Standards (HSCS):

This policy aligns with the following standards:

- **1.24:** I am protected from harm as I am not exposed to avoidable risk.
- **2.17:** My care and support meets my needs and is right for me.
- **2.22:** I experience high-quality health and social care based on relevant evidence, guidance, and best practice.
- **3.14:** I have confidence in people because they are trained, competent, and skilled.
- **3.21:** I am safe and secure at all times and protected from avoidable harm.

### United Nations Convention on the Rights of the Child (UNCRC):

This policy promotes and respects the following children’s rights:

- **Article 3:** The best interests of the child must be a primary consideration in all actions concerning them, including health promotion and protection.
- **Article 6:** Every child has the right to life, survival, and development, supported by safe environments and health measures.
- **Article 24:** Children have the right to the highest attainable standard of health and to access healthcare and health education, including protection from environmental health risks such as sun exposure.
- **Article 19:** Children have the right to protection from all forms of harm and neglect, encompassing physical wellbeing and safety during outdoor play.

This policy was adopted on	Approved by	Date for Review
August 2025	Gail Anderson & Samantha Wilson	August 2026