

## Sun Protection Policy

### Aim of the Policy

*Green Roots Sun Protection Policy is in place to provide guidelines for the safety and well-being of the children during outdoor play and outings in the summer months.*

- Sun protection cream (factor 40 as a minimum) is provided by Green Roots for all children attending the Centre. Parents/guardians wishing to use the cream provided must sign the appropriate section of the Declaration of Consent Form. Parents/guardians not wishing to use the cream provided by Green Roots will be asked to provide their own sun cream clearly labelled with the child's name.
- Sunhats provided by Green Roots to be worn by all children when playing in the sun.
- Make use of the shaded areas, including trees, gazebos and sun parasols.
- Drinks must be taken outdoors/on outings and made readily available. Drinks should also be offered on a frequent basis.
- On exceptionally hot days, children should only be outside for short intervals ie. approximately 20 minutes.
- Activities are planned that keep the children cool and in the shade ie. water play, song or story time, painting etc.
- We respect the decision of any parents/guardian who does not wish their child to be outside in the garden on the days when the temperature is particularly high.
- Parents are requested to supply light-weight cotton clothing for their children suitable for the sun with long sleeves and long legs.

### **Vitamin D**

Sunlight is important for the body to receive vitamin D. We need vitamin D to help the body absorb calcium and phosphate from our diet. These minerals are important for healthy bones, teeth and muscles.

Our body creates vitamin D from direct sunlight on our skin when we are outdoors. Most people can make enough vitamin D from being out in the sun daily for short periods with their hands or other body parts uncovered. Sun cream will stop the ultraviolet B (UVB) rays from reaching your skin, so part of your body should be uncovered and not have sun cream on. At nursery we find the right balance to protecting children from sunburn as well as allowing the skin to access the sun for the vitamin D benefits, e.g. hands will be left without sun cream but children will be fully monitored to ensure no hands are burnt.

The benefits will be discussed with parents and their wishes will be followed with regard to the amount of sun cream applied.