

Sun Safety Policy

Coldstream ELC

Date: May 2024

Review Dates: September 2025

January 2026

Our policy aligns with **national guidance, Care Inspectorate expectations, and Scottish Borders Council procedures** to ensure the **safety and well-being of children and staff in the sun.**

Aim

To ensure that all children and staff are **protected from the risks associated with sun exposure**, including sunburn, heat exhaustion, heatstroke, dehydration, and eye damage, while still **enjoying safe outdoor play.**

Rationale

- Children's skin is **more sensitive to UV exposure** than adults.
- Sunburn in childhood increases the **risk of skin cancer** later in life.
- **Direct sunlight** can cause **permanent eye damage.**
- Outdoor water play can **increase UV exposure.**
- Energetic outdoor play can lead to **heat exhaustion or dehydration.**

Children are at **higher risk** if they:

- Have pale or fair skin, freckles, or red hair.
 - Have many moles or a family history of skin cancer.
 - Have medical conditions affecting the skin.
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Reducing Risk

From **March to October** in the UK:

- Cover up with **light-coloured, loose clothing.**
- Wear **wide-brimmed hats** or caps with neck flaps.
- Spend time in **shaded areas**, especially 11am–3pm.
- Use **SPF 30+ sunscreen** on exposed areas, including face, neck, ears, arms, legs, and hands.

- Avoid looking directly at the sun; wear **sunglasses** if appropriate.
 - Ensure **regular access to water**.
 - Limit **high-energy play** during peak sun exposure.
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Procedures

Applying Sunscreen

- Daily **UV levels** will be checked using the **Met Office website/app**.
 - Children will **stay indoors** if UV levels are extreme.
 - During very high or high UV levels, children will play **in shade or indoors** during 11 am–3pm.
 - Sunscreen will be applied by staff, with **children encouraged to participate** safely.
 - Parents are asked to provide **labelled SPF 30+ sunscreen**, applied at home or on arrival.
 - ELC will maintain its own **supply of sunscreen** for children whose parents have not provided any.
 - **Sunscreen is applied 30 minutes before outdoor play** and **reapplied every 2 hours** or after water play.
 - Application times will be **recorded on the Suncream Record Chart**, monitored by keyworkers.
 - Cross-contamination is prevented by **washing hands between applications** or using disposable gloves.
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Appropriate Clothing

- Parents are asked to provide **sunhats** and suitable **lightweight clothing**.
 - ELC maintains a supply of sunhats for children without one.
 - Children refusing hats or clothing may **play in shaded areas** or **indoor alternatives**.
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Preventing Heat Stress and Dehydration

- Outdoor temperatures will be **monitored**; additional measures taken if above 18°C:
 - Use of **natural or temporary shade**.
 - Ensure **independent access to water** and regular drink breaks.
 - Limit **time in direct sunlight** and energetic play outdoors.
 - Provide **indoor spaces** for energetic activities.

Learning Opportunities

- Staff and parents **model sun-safe behaviour**.
- Children will be **involved in checking UV levels and temperatures**.
- Children are encouraged to **apply sunscreen and wear hats** as part of their learning.

Responding to Over-Exposure

- Move children **indoors and cool immediately**.
- **Log the incident** in the accident record and inform parents.
- Advise parents to **seek medical advice** if required.
- Submit **Care Inspectorate notifications** if necessary.

Staff Responsibilities

- Apply **sunscreen, wear hats, and stay hydrated** while outdoors.
- Adjust deployment and **take breaks** from the sun as needed.
- Act as **role models for sun-safe behaviours**.

Monitoring and Review

- Policy reviewed **annually**, using guidance from:
 - [NHS Sun Safety Guidance](#)
 - [Met Office UV Guidance](#)
- Compliance with **Care Inspectorate, HGIOELC, and Health and Social Care Standards** will be monitored by staff and leadership.

References

- **HGIOELC** – How Good Is Our Early Learning and Childcare? QI 2.2, 2.7
- **Care Inspectorate – Health and Wellbeing Guidance**
- **Health and Social Care Standards** – 1.24, 3.14, 3.19
- **Scottish Cot Death Trust – Sun Safety Guidance**

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Date: 05.01.2026

