



We demonstrate tolerance and respect through child-led play

## Sun Protection Policy

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## Sun Protection Policy

### 1 Scope & Purpose

- 1.1 To ensure that the children have consistent protection from the sun during the spring and summer months when UV levels are high.
- 1.2 To ensure the children remain hydrated and do not overheat.

### 2 Outline

- 2.1 We ask that all children come to playgroup with sun cream already applied, using a factor 50 sun cream.
- 2.2 We adhere to NHS guidelines which state that:

“Sunscreen should be applied to all exposed skin, including the face, neck and ears, and head if you have thinning or no hair, but a wide-brimmed hat is better.

Sunscreen needs to be reapplied liberally and frequently, and according to the manufacturer's instructions.

This includes applying it straight after you have been in water, even if it's "water resistant", and after towel drying, sweating or when it may have rubbed off.

It's also recommended to reapply sunscreen every 2 hours, as the sun can dry it off your skin.

From March to October in the UK, children should:

- cover up with suitable clothing
- spend time in the shade, particularly from 11am to 3pm
- wear at least SPF30 sunscreen

Apply sunscreen to areas not protected by clothing, such as the face, ears, feet and backs of hands.”

- 2.3 We will provide sun cream, Ambre Solaire, factor 50 for sensitive skin (or appropriate alternative sun cream), which can be applied as required by the staff to ensure that the children are always protected when they play outside.
- 2.4 We will send communication via Class Dojo at the beginning of term 5 to explain our policy and to ask that all parents inform us if they **do not** wish us to apply sun cream to their child or children as required during their time at Playgroup.
- 2.5 The cost of supplying sun cream is included in our sundries charge.
- 2.6 If a child has allergies or particular skin sensitivities which mean that they must have a specific sun cream we ask that the family supplies us with a named bottle of that sun cream which we can use for the named child at Playgroup.



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**2.7** In addition to the application of sun cream:

- We ask that the children come to playgroup in appropriate cool clothing.
- We provide sun hats for each child.
- We will use a picture story with all children to remind them how to stay cool and safe in the sun. *See below.*
- We will encourage the children to play in the shade and will not allow them to play in full sun when UV levels are particularly high (between 11am and 3pm) for longer than 15 minutes.
- We will encourage them to drink water regularly.
- We will encourage them to remove outer garments which may make them hot.
- We will encourage them to rest in the shade after periods of activity which may have made them feel hot.

**This policy was adopted by Croft Playgroup**

Signed on behalf of the Croft Playgroup

Croft Playgroup Committee

Croft Playgroup Manager

Print Name: Jason Adams

Print Name: Michelle Barrow, Helen Dearlove

Signed.....

Signed.....

Dated.....

Dated.....








*Date policy to be reviewed: April 2026 or earlier if required*

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## **Appendix**

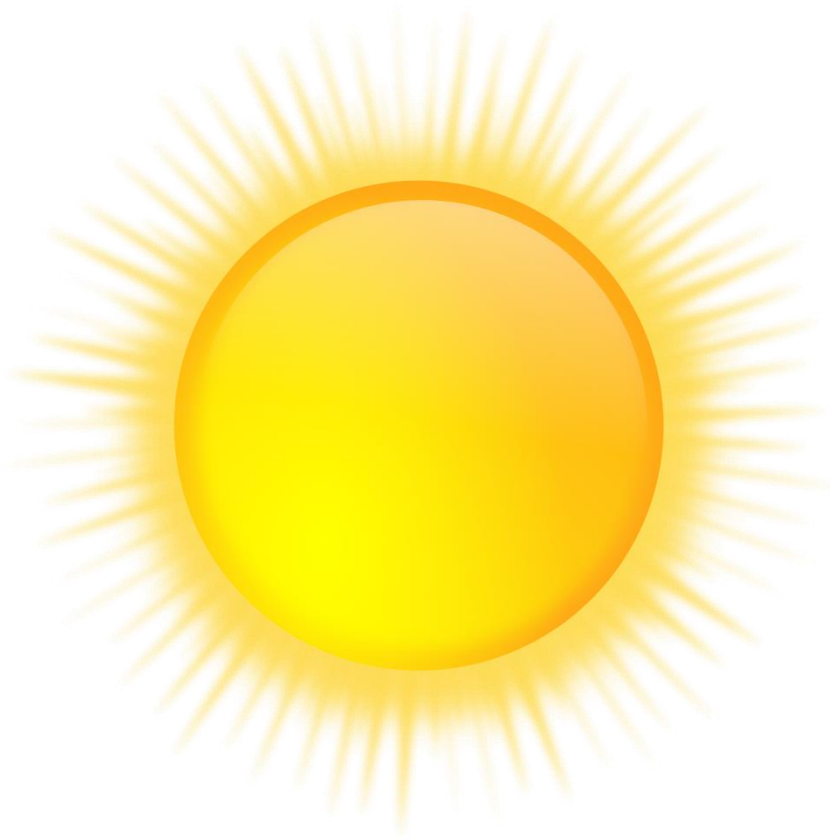
### **Our picture story about staying safe in the sun:**

*(We will use separate picture cards with the children)*

<b>1.</b>	<b>When the sun is shining</b>
	
<b>2.</b>	<b>I get hot and grumpy</b>
	
<b>3.</b>	<b>I need to take my jumper off to cool down.</b>
	
<b>4.</b>	<b>I need to have a drink.</b>
	
<b>5.</b>	<b>I need to wear a sun hat.</b>
	
<b>6.</b>	<b>I need to wear sun cream to protect my skin.</b>
	
<b>7.</b>	<b>Then I am happy and can play.</b>
	

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# 1. When the sun is shining



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## 2. I get hot and grumpy



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### 3. I need to take my jumper off to cool down



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## 4. I need to have a drink





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## 5. I need to wear a sun hat



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## 6. I need to wear sun cream to protect my skin.



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## 7. Then I am happy and can play

