

The Cottage Nursery

Policy on Sun Safety

At The Cottage Nursery, we want staff and children to enjoy the sun safely. We will work with staff and parents to achieve this through:

- All parents/carers **MUST** apply suncream to their child/ren before starting nursery at 9am. Any children who start at 8am will have suncream applied by 930am ready to go outside.
- Staff will enquire about what time suncream was applied on the child and reapply after 2 hours.
- Spending more time outside before 11am and after 3pm, and less time in between these hours.
- Children must always wear a hat when they are outside.
- The staff will implement a "no hat, play indoors" rule so children understand the importance of wearing a hat.
- Parents/carers will always dress children appropriately making sure their child/ren's shoulders are fully covered.
- We recommend that parents use a 5-star rated Factor 50 suncream, but a minimum of 4* and factor 30. The nursery will provide this to all children.
- We will stay in the shade as much as possible.
- We will make sure toys are supplied in a shaded area.
- We recommend parents/carers to supply a broad rimmed, bucket style hat or legionnaire to adequately cover the face, neck, ears and cheeks of the child.
- We will monitor our shade solutions and act promptly if we believe this needs improving.
- All staff should act as good role models by wearing a hat and applying suncream when UV levels reach 3 or above.
- All staff should be aware of the UV forecast for the day and plan their day appropriately.
- Parents/carers will provide a named water bottle for their child each day. If this has not been provided staff will make sure they have a spare bottle or cups and a jug of water available throughout the session. Staff will frequently remind children to stay hydrated.

The staff are committed to helping the children understand the importance of sun safety and will do a small topic to help them.

Parents/carers will be reminded of our policy by speaking to them frequently along with sharing on our newsletter, website and Facebook page.

As part of our registration forms, we will provide a sun safety and skin cancer awareness information to promote support and raise awareness of prevention and early detection.

A permission slip is part of the enrolment form, and all parents are asked to complete to confirm whether permission is given for the staff to apply sunscreen if necessary. If the parent's refuse permission, they will be made aware their child/ren will not be able to go outside.

This policy was reviewed on 6/3/2026

Signed on behalf of The Cottage Nursery
