Sun/UV Protection Policy

1. Introduction

At Home from Home, we acknowledge the importance of sun protection, and want employees and children to enjoy the sun safely. We follow the NHS guidance. https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/ and WHO organisation guidance https://www.who.int/news-room/questions-and-answers/item/radiation-the-ultraviolet-(uv)-index with regard protection, and will work alongside parents and carers to achieve sun/UV safety.

2. Contents

The following sections are included in this policy document:

1. Introduction/Context
2. Contents
3. What is the UV Index?
4. On-going education with regard UV and Sun Protection at Home from Home
5. How does Home from Home decide when to protect from UV /Sun?
6. Use and application of sunscreen
7. Policy Review
8. Version control

3. What is the UV Index?

The UVI is a measure of the level of UV radiation.

- The values of the index range from zero upward - the higher the UVI, the greater the potential for damage to the skin and eye, and the less time it takes for harm to occur.
- The UVI is an important vehicle to alert people about the need to use sun protection

Table showing the WHO UV Index

UV index	Guidelines	RATING
0 to 2	You can safely enjoy being outside	LOW
3 to 5	Seek shade during midday hours. Wear sunscreen and cover body with clothes and wear a hat	MODERATE

6 to 7	Seek shade during midday hours. Wear sunscreen and cover body with clothes and wear a hat	HIGH
8 and above	Avoid being outside during midday hours, seek shade, cover body with clothes and wear a hat	VERY HIGH

What does the UV Index mean?

- The levels of UV radiation and therefore the values of the index vary throughout the day. In reporting the UVI, the maximum daily UV level, which occurs during the four-hour period around solar noon, is provided on a given day. Depending on geographical location and whether BST/GMT is applied, solar noon takes place between noon and 2 p.m. Sun protection times may also be issued when UV levels are forecast to be 3 or higher. At these levels there is an increased risk of skin damage, and protective measures are recommended.
- The UVI gives an indication of the level of UV radiation and the potential danger of sun exposure. It can help individuals make healthy choices.
- Most people are used to adjusting their daily plans and choice of clothing to the weather forecast, especially to temperature predictions. Compared to the temperature scale, the UVI gives an indication of the level of UV radiation and the potential danger of sun exposure to give guidance to individual as to when to and how to protect themselves.

4. On-going Education with regard UV and Sun protection at Home from Home

- All children will take part in learning opportunities relevant to their age and abilities, to develop their knowledge of sun protection
- Children will be encouraged to notice the feelings in their bodies, such as if they feel thirsty or hot, and what they can do in response to these feelings
- Parents and carers will be kept informed about what we are talking about with regards sun safety
- Home from Home will keep up-to-date with information and publications from NHS and the WHO, who have been identified as a relevant and reliable source of information and research
- Information on sun safety will be made available to all employees

5. How does Home from Home decide when to protect from UV /Sun?

UV rays from the sun are at their strongest between the hours of 11am and 3pm. Children will spend more time inside during these hours. UV forecasts will be consulted before children play outside

- Home from Home follows the WHO UV Index and guidelines with regard UV and Sun protection. See Table in Section 3
- Home from Home follows the BBC Weather forecast to understand the UV rating for the local area https://www.bbc.co.uk/weather/2633521

6. Use and Application of Sunscreen

NHS guidelines recommend using a sunscreen no less than SPF30

Home from Home provides and uses **an appropriate sun cream that is Factor 50.**

Responsibility of Parents

- On the door, parents and carers will be asked whether they have applied sunscreen to their child prior to arrival. They will be encouraged to do so on days where the UV is above 3
- If a parent or carer prefers to use a different brand of sunscreen, this must be provided in their child's bag, labelled, and the team leader must be made aware of this on drop-off. The sunscreen provided must have a rating of four or five stars, and should have a rating of minimum SPF30 in line with NHS guidelines

Responsibility of Home from Home

Sunscreen will be reapplied up to every **two** hours, in line with NHS guidelines, and reapplied as necessary if it has been washed off or affected by learning activities and sensory play

What other measures does Home from Home take to protect from UV / Sun:

- Shade – More shade will be made available through building dens and gazebos, and children will be encouraged to sit and play in these shady spots
- Water – Water stations will be available outside as well as inside, and children's water intake will be monitored to ensure they do not become dehydrated
- Hats – Children's hats should cover the ears, neck, and have a brim which provides cover for the face. Home from Home will provide spare hats, and parents of children who need to use these will be encouraged to buy their own. Hats should be labelled with the child's name

- Clothing – Clothing should cover the shoulders, back, and upper arms. We advise against strappy tops or cut-out clothing. Multiple changes of clothes should be provided and labelled as per wider nursery policy
- Babies – children under the age of 6 months will be kept out of direct strong sun

7. Policy Review

This policy will be reviewed annually prior to summer months.

Version Control

Version	Date	Status	Comments	By
1	April 2016	New Policy	Developed with the help of staff/parents and local health advisors	Polly Manners (TI) Emma Corbin-McKenzie (EYT)
2	May 2017	Reviewed		Poly Manners
3	July 2021	Rewritten	Change in policy	Zoe Fuller (EYT)
4	Jan 2022	Reviewed		Cassie Rhodes (Baby Mgr)
5	April 2023	Rewritten	Change in policy to incorporate WHO and NHS guidance with regard UV rating	Julia Pattenden
6	May 2024	Updated	Change in policy to recent NHS guidance	Sophie Eade (NM)
7	June 2025	Reviewed		Sophie Eade
8	May 2026	Reviewed		Sophie Eade