



**DAY NURSERY AND PRE-SCHOOL**  
83 - 85 Hall Road  
Hull  
Tel: (01482) 470535

## **Sun-Smart Policy**

Why is sun protection important for children and young people?

Studies have found that sunburn during childhood can increase the risk of skin cancer in later life. You may not see the damage immediately because skin cancer can take years to develop, but children who are overexposed to the sun now are storing up problems for the future.

What about Vitamin D?

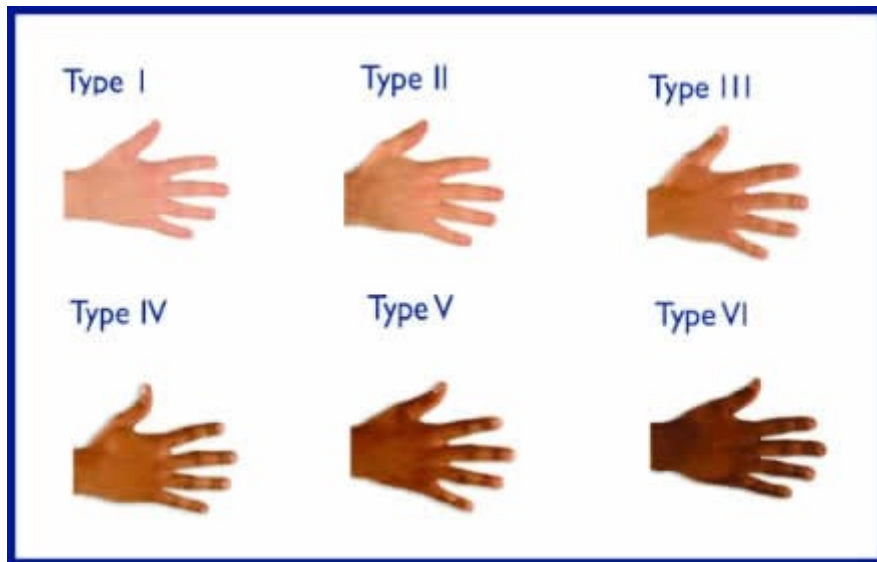
We all need some sun to make vitamin D. enjoying the sun safely, while taking care not to burn, can provide the benefits of vitamin D, without raising the risk of skin cancer.

- Sun Cream (factor 25 at least and water resistant) must be applied to all exposed area's of skin.
- Sun hats should be worn at all times.
- On very hot days children should not be outside between the hours of 11am & 3pm for long periods of time.
- Children should always wear covered tops (not vests, strappy tops)
- Sun screen should be re-applied regularly
- Children should be encouraged to apply their own sun screen, (when appropriate) with the help of mirrors.
- Staff must ensure sun screen is applied to children who forget/lose their own, taking into account allergy requirements
- Babies should be kept in the shade at all times
- Staff must ensure they read the sun cream label and follow any advice given i.e. if the sun cream needs to be applied 30 minutes before going out in the sun
- Staff must check the expiry date on the sun creams
- Staff must wash their hands after each application of sun screen
- Children must be encouraged to have a drink at regular intervals
- The setting will follow the guidance below to determine who needs sunscreen if parent/carers believe that their child does not require sun protection. The setting will check the Met Office's weather report for that

day/week. Should the UV levels be high enough to require sunscreen then the parent/carer must supply it.

## What skin type am I?

Experts identify six different skin types. Match your natural hand colour to one of the photos in our skin type table. Then check the description matches your hair and eye colour and what happens to your skin in strong sun.



**Type I** - Often burns, rarely tans. Tends to have freckles, red or fair hair, and blue or green eyes.

**Type II** - Usually burns, sometimes tans. Tends to have light hair, and blue or brown eyes.

**Type III** - Sometimes burns, usually tans. Tends to have brown hair and eyes.

**Type IV** - Rarely burns, often tans. Tends to have dark brown eyes and hair.

**Type V** - Naturally black-brown skin. Often has dark brown eyes and hair.

**Type VI** - Naturally black-brown skin. Usually has black-brown eyes and hair.

When am I most at risk?

When you know your skin type you can work out your burn risk and when to [protect yourself](#).

		Skin Type			
		I and II	III and IV	V	VI
UV Index	1 2	low	low	low	low
	3 4	medium	low	low	low
	5	high	medium	low	low
	6	high	medium	medium	low
	7 8 9	very high	high	medium	medium
	10	very high	high	high	medium

- Low risk - no protection is needed.
- Medium risk - take care around midday and do not spend too long in the sun unprotected.
- High risk - cover up and spend time in the shade between 11 and 3. Use least factor 15 sun-screen on exposed skin.
- Very high risk - be sure to cover up and in the shade between 11 and 3. And use at least factor 15 sunscreen.

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INFORMATION FOR THIS POLICY WAS SOURCED FROM: Cancer research UK –sun smart guidelines