



# Ladybirds Pre-School



## Sun Care and cold weather policy

### Aim

To protect children and adults from extreme weather conditions, while providing a consistent level of care and education by monitoring the weather conditions and restricting timescales for outdoor play when necessary.

### Method

During the morning check and before the children go out to play after lunch, the temperature on the outdoor thermometer will be checked. If the reading is below 0, or above 25 degrees centigrade, the following restrictions will be put into place.

- Children and adults will spend no more than 20 minutes at a time outside.
- Below zero, only the safety surface is to be used, and a timer will be used to monitor time.
- Sand and water must be kept inside to avoid children being stood for long periods outside.

All children must wear:

Coat, hat and gloves in cold weather.

Sun hat, T-shirt (covering shoulders) and sun cream in terms 1,5 and 6 when UV levels are forecast to be 3 and above.

If a child will not wear any of these, they have a choice, if they will not wear it, they need to stay inside.

Ladybirds Pre School is committed to ensuring that all children are fully protected from the dangers of too much sun. Severe sunburn in childhood can lead to the development of malignant melanoma (the most dangerous type of skin cancer) in later life.

We use the following procedures to keep children safe and healthy in the sun:

1. At the start of the summer term we talk about staying safe in the sun, particularly when the weather is hotter and extra care needs to be taken.
2. If it is very hot and sunny children's time outside maybe limited.



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3. Over the summer term additional shade will be created on our top garden during very hot spells, equipment will be kept in these areas to encourage shaded play. Very physical play will also be limited to short bursts.
4. Staff will make day-to-day decisions about the length of time spent outside, dependent on the strength of the sun.
5. Children have access to cooled water at our water stations in all outside areas throughout the day and are encouraged and reminded to have regular drinks discussing the reasons why this is so important. All children are supported in this process when needed.
6. Children are made aware of the need for sun hats, sun cream and the need to drink more fluids during their time in the sun.
7. Parents are encouraged to ensure their child wears appropriate clothing to cover **upper arms (shoulders) at all times** and to wear a sun hat which provides protection to their eyes and the **back of their neck**. Ladybirds will provide Legionnaire style hats for **all** children.
8. We encourage lots of physical play and exploration in our many exciting spaces e.g. stone construction area, secret garden, large sand pit and mud kitchen. To support your children accessing these areas as safely as possible we would ask that all children wear socks and fastened or closed toe shoes for example no flip flops (even over this summer term).
9. Staff will ensure children are dressed appropriately (refer to 7). If we are unable to ensure a child is appropriately dressed, for example there is a shortage of spare clothes due to high demand, they will need to be kept in covered play areas during the session.
10. Children must always have sun cream applied before going outside in the sun. Parents are asked to apply sun cream to children before starting school when the weather is sunny. (It is recommended that 4-hour sun cream is used to avoid the need for re-application). Parents will be required to confirm their children have had this applied as they drop off, a confirmation record will be available to sign at the beginning of each session. If confirmation isn't provided prior to the session, play will be kept undercover.
11. If children are here all day then an appropriate SPF50 sun cream will be applied by staff before the start of the afternoon session (**with prior parental consent and supplied by Ladybirds**) this will be a spray cream and the children will be encouraged to rub this in themselves, support given when needed.
12. Staff will also be encouraged to apply sun cream to protect themselves and sun hats to provide a positive role model for children.
13. Staff will speak to the parent/carer if a child complains of sunburn



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If you are unsure about any of the procedures above please do speak to a member of staff for reassurance and guidance.

This policy was adopted by Ladybirds Pre School *(name of provider)*

On 26<sup>th</sup> November 2020 *(date)*

Signed on behalf of the provider

Name of signatory

Gerard O'Neill

Role of signatory (e.g. chair, director or owner)

Trustee