

## **SUN PROTECTION POLICY.**

At Playgroup we want the children, staff and volunteers or visitors to enjoy the sun safely.

We work with staff and Parents/Carers to achieve this through:

**Education:** Actively promote the five key SunSmart skin cancer prevention message to staff, Parents/Carers and the children.

Stay in the shade between 11am-3.00pm

Make sure you never burn

Always cover up-wear a t-shirt, a lightweight long sleeved top, a hat and wrap-around sun glasses

Remember children burn more easily and quickly than adults

Then use a sunscreen of no less than Factor 15.

### **Timetabling:**

We will start the session off outside, moving into the playroom before 11am.

### **Shade:**

The awning will provide shade for the outdoor play area and will be extended before the session starts.

### **Clothing:**

1. We will actively encourage all children to wear a hat when playing outside during sunny weather.
2. We will provide hats for children to wear when they have forgotten to bring one with them.
3. Staff and volunteers will be encouraged to wear a hat when outside to set a good example for the children to follow.

### **Sunscreen:**

1. Parents will be asked to apply appropriate sunscreen before their children arrive for their playgroup session.
2. Children will need to bring their own clearly named bottle of sunscreen (no less than Factor 15) for any necessary re-applications.
3. Written permission from parents will be obtained before playgroup staff are able to re-apply children's sunscreen.

## HEATWAVES

Children are particularly vulnerable during heatwaves as they can't control their body temperatures as effectively as adults. Adults should be on the look out for signs of heat exhaustion or heat stroke.

### Heat exhaustion

Symptoms of heat exhaustion vary but include one or more of the following:

- tiredness
- dizziness
- headache
- nausea
- vomiting
- hot, red and dry skin
- confusion

### Heatstroke

When the body is exposed to very high temperatures the mechanism that controls body temperature may stop working. Heatstroke can develop if heat stress or heat exhaustion is left untreated, but it can also occur suddenly and without warning. Symptoms of heatstroke may include:

high body temperature - a temperature of or above 40°C (104°F) is a major sign of heatstroke

red, hot skin and sweating that then suddenly stops

fast heartbeat

fast shallow breathing

confusion/lack of co-ordination

fits

loss of consciousness

### **Actions to protect children suffering from heat illness**

The following steps to reduce body temperature should be taken immediately:

- move the child to as cool a room as possible and encourage them to drink cool water (such as water from a cold tap)
- cool the child as rapidly as possible, using whatever methods you can. For example, sponge or spray the child with cool (25 to 30°C) water; if available place cold packs around the neck and armpits, or wrap the child in a cool, wet sheet and assist cooling with a fan

### Protecting children outdoors

During periods of high temperature the following steps should be taken:

- children should not take part in vigorous physical activity on very hot days, such as when temperatures are in excess of 30°C
- encourage children playing outdoors to stay in the shade as much as possible
- children should wear loose, light-coloured clothing to help keep cool and sunhats with wide brims to avoid sunburn
- use sunscreen (at least factor 15 with UVA protection) to protect skin if children are playing or taking lessons outdoors for more than 20 minutes
- provide children with plenty of water (such as water from a cold tap) and encourage them to drink more than usual when conditions are hot

Protecting children indoors During periods of high temperature the following steps should be taken:

- open windows as early as possible in the morning before children arrive, or preferably overnight to allow stored heat to escape from the building - it is important to check insurance conditions and the need for security if windows are to be left open overnight

- almost close windows when the outdoor air becomes warmer than the air indoors - this should help keep the heat out while allowing adequate ventilation
- use outdoor sun awnings if available, or close indoor blinds/curtains, but do not let them block window ventilation
- keep the use of electric lighting to a minimum
  - switch off all electrical equipment, including computers, monitors and printers when not in use - equipment should not be left in 'standby mode' as this generates heat
  - if possible, use those classrooms or other spaces which are less likely to overheat, and adjust the layout of teaching spaces to avoid direct sunlight on children
  - oscillating mechanical fans can be used to increase air movement if temperatures are below 35°C; at temperatures above 35°C fans may not prevent heat-related illness and may worsen dehydration
  - if necessary, consider rearranging school start, finish and play times to avoid teaching during very hot conditions
  - encourage children to eat normally and drink plenty of cool water

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