

Sun Protection Policy



Sun Protection Policy

Policy Code: FS-HS-017

Policy Statement

At **Forest & Play**, we recognise the importance of outdoor learning and the many benefits children gain from spending time in nature. We are committed to protecting children, staff and visitors from the harmful effects of excessive sun exposure whilst enabling children to safely enjoy outdoor experiences throughout the year.

Young children's skin is particularly sensitive to ultraviolet (UV) radiation, and excessive exposure can result in sunburn, dehydration, heat exhaustion and long-term skin damage. We promote a balanced approach to sun safety through the use of suitable clothing, shade, hydration, sunscreen and dynamic risk assessment.

This policy supports the EYFS Safeguarding and Welfare Requirements, Health and Safety at Work Act 1974 and current NHS and SunSmart guidance.

Monitoring Weather Conditions

The Forest School Leader or Lead Practitioner will check the Met Office prior to the session starting and display the UV information for the day on the white board.

As a guide:



UV 1–2 (Low): Normal outdoor activities can continue.



UV 3–5 (Moderate): Children should wear sun hats and sunscreen where required.



UV 6–7 (High): Increased use of shade, regular hydration and adapted activities may be required.



UV 8–10 (Very High): Greater emphasis on shaded areas, reduced exposure to direct sunlight and increased wellbeing monitoring.



UV 11+ (Extreme): Activities may be significantly adapted, relocated to shaded woodland areas or shelters, and additional control measures implemented following dynamic risk assessment.

Decisions will always be based on a combination of Forest School Leader assessment, UV levels, temperature, humidity, weather conditions, children's wellbeing.

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Shade and Outdoor Learning

As an outdoor provision, Forest & Play benefits from extensive natural shade provided by trees and woodland areas. Wherever possible, children will be encouraged to play and learn in shaded areas, with activities adapted or relocated as required to support their safety and wellbeing during warm weather.

To minimise the risks associated with sun exposure:

- Children will be encouraged to play in shaded areas
- Rest periods will be incorporated during hot weather.
- Children will have regular access to drinking water throughout the day.

Clothing

Parents and carers are expected to provide suitable clothing for outdoor learning during warm weather.

Children should wear:

- Lightweight, comfortable clothing that still covers arms and legs
- Suitable footwear.
- A sun hat that protects the face, ears and neck.

A comprehensive clothing list is provided to families within the welcome pack.

Where a child attends without suitable clothing, practitioners will work with parents/carers to identify any barriers and provide support where possible. Spare hats and clothing may be available to help ensure children can participate safely and comfortably.

Sunscreen

Parents are encouraged to apply sunscreen before their child arrives at Forest & Play.

Forest & Play provides Factor 50 Hypoallergenic sunscreen for children unless parents choose to provide their own.

Any sunscreen provided by parents must:

- Be clearly labelled with the child's name.
- Be within its expiry date. Staff check expiry dates regularly and discard any out of date suncream and notify parents.

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- Be suitable for the child's age and skin type.
- Free from nut-based ingredients

Practitioners will support children to apply or reapply sunscreen throughout the day as required, encouraging children to develop independence where appropriate.

Staff will wash their hands before and after applying sunscreen and follow good hygiene practices at all times, or wear gloves if it's a preference.

Written parental consent will be obtained before sunscreen is applied.

Practitioners will support children to reapply sunscreen throughout the day as required.

Hydration and Heat Management

Drinking water is available at all times and encouraged frequently.

Staff monitor children for signs of heat stress or exhaustion (e.g. flushed skin, tiredness, irritability, or dizziness) and act promptly.

Children are taken indoors or into shaded areas if temperatures become excessive or if any child appears uncomfortable.

Role modelling and education

Staff demonstrate good sun safety by wearing hats, covering up, and using sunscreen themselves.

Children are taught about sun safety through conversations, stories, and age-appropriate activities (for example, why we wear hats, use sun cream, and drink water).

Working with Parents and Carers

Communication with parents

Parents are informed of this policy at registration and reminded at the start of warmer months.

Regular reminders about sun hats, water bottles, and sunscreen are shared via newsletters, emails, and noticeboards.

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Monitoring and Review

The Forest School Leader is responsible for monitoring the implementation of this policy and ensuring staff understand and follow safe sun protection practices.

This policy will be reviewed annually or sooner if legislation, guidance or operational practice changes.

Adopted by: Tracey Doidge

Date Adopted: 15th June 2026

Review Date: 15th June 2027