



# **Penguin Preschool**

## **Sun Safety**

### **Policy**

## Purpose

Penguin Preschool is committed to protecting children from the harmful effects of the sun. This policy ensures children are kept safe from sunburn, heat exhaustion, dehydration, and other heat-related illnesses while enjoying outdoor play.

## Parental Responsibilities

- Parents/carers are required to:
    - Apply a long-lasting, high-factor (SPF 30 or above) sunscreen to their child before arrival at preschool.
    - Provide a clearly labelled bottle of sunscreen for their child if requested by the setting.
    - Ensure children attend preschool with:
      - A sun hat (preferably wide-brimmed)
      - Appropriate lightweight clothing that covers shoulders and midriff
- 

## Preschool Responsibilities

Staff will:

- Reapply sunscreen:
    - Once in the morning
    - Again in the afternoon (and more frequently if needed, e.g. after water play)
  - Ensure fresh drinking water is available, at all times and encourage regular hydration.
  - Provide access to a shaded outdoor area (e.g. under the canopy).
  - Monitor children closely for signs of overheating or sun-related illness.
- 

## UV Monitoring and Outdoor Play

- The UV index will be checked daily by the designated Health and Safety lead.
- When the UV index is 3 or above, sun protection measures will be in place.
- When the UV index is high or very high, children will:
  - Only play outdoors in fully shaded areas

- Avoid direct sun exposure during peak hours (11am–3pm) where possible

## High Temperature Procedures

- Staff will monitor daily weather forecasts.
  - If temperatures become excessively high:
    - Outdoor activity will be limited or restricted
    - Children will remain in cool, indoor areas
    - Only short, supervised outings in shade may take place
- 

## Additional Safety Measures

- Encourage frequent rest breaks
- Avoid strenuous activity in heat
- Provide cooling activities (e.g. water play)
- Ensure appropriate clothing is worn

## Staff Responsibilities

- Follow this policy at all times
  - Be trained to recognise heat-related risks
  - Safely apply sunscreen
- 

## Review

This policy will be reviewed annually or sooner if guidance changes.

**Date:** \_\_\_\_\_

# Recognising Heat-Related Illnesses

## Heat Exhaustion

### Symptoms:

- Pale, clammy skin
- Sweating
- Tiredness, dizziness, nausea

### Action:

- Move to a cool area
- Give water
- Cool with damp cloths
- Inform parents

## Heatstroke (Emergency)

### Symptoms:

- High temperature
- Hot, flushed skin
- Confusion

### Action:

- Call **999**
- Contact parents
- Begin cooling the child

## Febrile Convulsions

### Symptoms:

- Seizure-like movements
- Loss of consciousness

**Action:**

- Ensure child is as safe as possible, moving furniture if needed
  - Do not restrain
  - Call **999**
  - Inform parents
-