

14. Sun Protection Policy

Skin cancer is one of the most common cancers in the UK. The good news is that the majority of these cases could be prevented. Most skin cancers are caused by UV radiation from the sun. If we protect ourselves from the sun then we can reduce our risk. This is particularly important for children and young people whose skin is more delicate and easily damaged.

Sunburn in childhood can double your risk of skin cancer. You will not see the damage immediately because skin cancer can take years to develop. But children who are exposed to the sun now are storing up problems for the future.

Statement of Intent

Coaley Village Playgroup want staff and children to enjoy the sun safely. We will work with staff and parents to achieve this through:

Education

- Sun protection is discussed interactively with children.
- Parents are informed of the importance of sun protection.
- Posters will be put up highlighting the importance of sun protection.
- SunSmart leaflets/bookmarks are available for parents/carers at playgroup. Please take one.

Protection

- There are plenty of trees to provide shade.
- The canopy outside playgroup will provide shade.
- Seats and equipment will be moved to shady areas.
- Children are encouraged to wear wide-brimmed (or legionnaire style) hats when outside (from May to September).
- Spare hats are available.
- Children are encouraged to wear tops that cover their shoulders (vest and strappy tops are discouraged)
- Children are allowed to wear UV protective sunglasses.
- Staff and Parent helpers will be encouraged to wear suitable hats and clothing to set a good example.
- Staff will consider sun protection when planning trips to ensure maximum protection at all times.
- Children will be actively encouraged to drink water, which is always available.

Sunscreen

Sunscreen is the last line of defence, but it is useful for protecting areas of skin that cannot be covered up.

- Parents **must** apply sunscreen to their children before the start of the session.

The Sun Protection Policy will be reviewed annually with the staff and committee should guidelines change.

The actions outlined in this policy are taken from the recommendations of The Cancer Research Uk. For more information visit: www.sunsmart.org.uk