



PROMOTING HEALTH & HYGIENE: SUN PROTECTION & HEATWAVE POLICY

Sun Protection

At Super Stars Pre-school we want staff and children to enjoy the sun safely.

This will be achieved through:

Education

Staff will talk to the children about staying safe in the sun through stories, songs and discussions.

Parents and carers will be advised what we are doing about sun protection and how they can support this such as bringing in their child's sun hat and putting sunscreen on their child before they come to pre-school.

We will also send out reminders via e-mail.

Protection

Activities such as sand and water trays and chalk boards are setup in the shade as much as possible.

During the summer months we ensure that the children have more time playing outside before 11.00am and that they are indoors over the middle part of the day (from 11.00am to 2.30pm). If children are outside again in the afternoon sunscreen will be reapplied and resources placed in shaded area.

Clothing

Children have to wear a hat before playing outside during the summer months

Sunscreen

On the registration form parents give consent for our own sunscreen to be used and for staff to supervise the children applying sunscreen.

We have our own bottle in the classroom of Hypo-allergenic Sunscreen Factor 50+. We make a note of any child who is allergic as these children will need to supply their own sunscreen from home for use in pre-school. This will be clearly labelled with their name. We will encourage parents to use sunscreens of SPF15+ and with 4 or more stars.

Heatwave

The government has produced guidance ' Looking after children and those in early years settings during heatwaves: for teachers and professionals and states children are more susceptible to the effects of high temperatures especially those under 4 years of age and with certain medical conditions, disabilities or complex health needs.

Children cannot control their body temperature as efficiently as adults during hot weather because they do not sweat as much and so can be at risk of ill-health from heat. Heat- related illness can range from mild heat stress to potentially life-threatening heatstroke. The main risk from heat is dehydration (not having enough water in the body).

Staff will be vigilant and lookout for signs of heat stress, heat exhaustion and heatstroke which are noted below

Heat Stress

Children suffering from heat stress may seem out of character or show signs of discomfort and irritability (including those listed below for heat exhaustion). These signs will worsen with physical activity and if left untreated can lead to heat exhaustion or heatstroke.

Heat Exhaustion

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

- tiredness
- dizziness
- headache
- nausea
- vomiting
- excessive sweating and pale, clammy skin
- confusion

Heat Stroke

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

If a child is suffering from any of the symptoms of heat stress, heat exhaustion and heatstroke the following steps to reduce body temperature will be taken immediately:

1. The child will be moved to a cool part of the room (could consider using store room) and encourage them to drink cool water (such as water from a cold tap).
2. 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.
3. Dial 999 to request an ambulance if the person doesn't respond to the above treatment within 30 minutes.

If a child loses consciousness, or has a fit, the child is to be placed in the recovery position, 999 called immediately and the parents informed. The above steps will be followed until medical assistance arrives.

Preventative Measures

Protecting children outdoors

During periods of high temperatures the following steps will be taken

- children will not take part in vigorous physical activity on very hot days, such as when temperatures are in excess of 30°C
- children playing outdoors will be encouraged to stay in the shade as much as possible
- children will wear sunhats
- Sunscreen will be applied before the children go outside especially if they will be outside for more than 20 mins and will be reapplied if necessary.
- We will 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 can be taken:

- To allow stored heat to escape from the building windows can be opened early before the children arrive.
- almost close windows when the outdoor air becomes warmer than the air indoors – this should help keep the heat out while allowing adequate ventilation
- close indoor blinds, 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
- 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, will consider closing the setting early especially if the indoor temperature exceeds 35°C and outside temperatures are even hotter. Please note with any closure the sustainability officer/management information will need to be informed.
- encourage children to eat normally and drink plenty of cool water

Further information is available on reducing temperatures within school buildings and grounds - see UK Health Security Agency's (UKHSA) [Heatwave Plan for England](#).

Reviewed 23rd July 2024
To be reviewed annually