

## **OLLY/FFFJ SUN SAFETY PROCEDURE/POLICY**

Policy aim:

The aim of the sun safety policy is to protect any member of team OLLY/FFFJ from skin damage caused by the effect of ultraviolet radiation from the sun.

The main elements of this policy are:

- Protection: providing an environment that enables children, young people, volunteers and staff to stay safe in the sun.
- Education: learning about sun safety to increase knowledge and influence behaviour.
- Partnership: working with parents/carers and the wider community to reinforce awareness about sun safety and promote a healthy environment.

At OLLY/FFFJ we feel the children and young people have the right to work outside in a safe environment. Working in our surrounding gardens is an important part of both our day-to-day routine and to our curriculum. We depend on our natural environment in order to teach the children and young people what can be found around them and what we need to protect/enjoy.

**As part of the Sun Safety policy we will:**

- Encourage the children and young people to wear clothes that provide good sun protection e.g. clothes that cover their bodies and hats to cover their heads and necks.
- Hold outdoor activities in areas of shade whenever possible, and encourage children and young people to use shady areas during lunch times.
- Encourage parents/carers to act as good role models by asking them to pre-apply sun block and appropriate clothing including hats.
- OLLY/FFFJ will ensure the availability of sun hats and sun block to use where permission has been granted.
- Make sure the Sun Safety policy is working and is relevant to the environment we are working in. We will regularly monitor our curriculum, assess shade provision and review the sun safety behaviour of our children, young people and staff.

### **Good practice to help cope with hot weather.**

- Hats are to be worn when outside.
- Sun cream to be applied according to guidelines when parental/carer permission is given.
- Staff should encourage the drinking of water and ensure water is available at regular intervals in order to avoid dehydration.
- Where necessary windows and doors should be opened in order to provide a thorough breeze.
- Staff must ensure that they are setting an example – sensible clothing, drinking plenty of water and taking any required precautions against the high temperature.
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### **Heatstroke**

Staff should be aware extreme heat can cause heatstroke. Symptoms to look out for are:

- Cramp in arms, legs or stomach
- Feeling of mild confusion or weakness

If anyone has these symptoms, they should find a cool place to rest and be given plenty of fluids. If symptoms get worse or don't go away medical advice should be sought. NHS Direct is available on 08454647