



EXTREME HEAT AND SUN POLICY

Fusion is committed to protect children, staff, volunteers and visitors from the harmful effects of excessive sun exposure and high temperatures and we aim to protect children and staff from sunburn, heat exhaustion, dehydration, and other heat-related illnesses. Children are particularly vulnerable to the effects of heat and ultraviolet (UV) radiation. We are committed to providing a safe environment that minimises the risks associated with hot weather while allowing children to enjoy outdoor play safely. We aim to promote healthy sun safety habits, whilst ensuring children can continue to benefit from outdoor play safely during warm weather. We are committed to educating children on the importance of sun safety and regularly reinforcing this during warmer months to influence behaviours and embed key messaging and increase knowledge. At Fusion we meet our duty of care under H&S legislation, work in partnership with parents and the schools and educate the children about sun safety.

What we will do:

Clothing and Sun hats: Clothing is one of the most effective barriers between our skin and the sun and should always be considered the first line of defence against UV exposure. Ideally clothing should cover as much skin as possible. Shoulders should always be covered as they can easily burn. A closer weave fabric will provide better protection and a UPF (ultraviolet protection factor) rated fabric will provide best protection.

Sun hats provided by both parents and pre-school settings should be:

- Either broad-brimmed, bucket style or legionnaire to adequately shade the face, neck, ears and cheeks.
- Baseball caps are not recommended as they do not provide shade to the neck, ears or cheeks.
- We make available additional/spare sun hats for all outdoor play / activities, in the event that a parent/carer is unable to provide one
- We ensure children wear their sun hat outdoors when UV levels reach 3 or above
- We use Sun Safe strategies to encourage children to cover up like 'No hat, play indoors'.

- Hats where possible must be worn outside at all times by children and staff and children will be encouraged to wear clothes that provide good sun protection and that are loose clothing. Sunglasses that have UV filters are also advised.

Sun cream: Sunscreen should be applied to areas of exposed skin that are not covered by clothing to protect it from Ultraviolet Radiation. Without adequate protection, a child's delicate skin can easily burn, causing cumulative and irreparable damage. This can significantly increase their risk of developing skin cancer in later life.

It is recommended that all sunscreen provided by parents should be:

- A minimum Sun Protection Factor (SPF) 30
- Labelled 'Broad-Spectrum' to provide both UVA and UVB protection and labelled with a UVA symbol (minimum 4 stars)
- Applied generously to exposed skin 20 minutes before going outdoors when UV levels reach 3 or above
- We ensure sunscreen is applied when UV levels reach 3 or above, before periods of outdoor play / activities and reapplied at least every 2 hours when required and more often if sweating.
- Sunscreen should be stored in a cool, dry, accessible place
- Remember to check expiry dates as sunscreen becomes less effective over time. If an expiration date is not displayed, look for an open jar symbol which will have a number next to it (i.e. 9M or 12M) - that's the number of months you can safely use the screen after opening.
- Fusion will not provide sun cream due to allergies and intolerances, but if a family is in need, we will make available/ purchase for the family additional/spare sunscreen for all outdoor activities, in the event a parent is unable to provide their own. This sunscreen is available for parents to patch test upon request.
- Parents must apply sun cream before their child attends and children can apply their own at Fusion, age dependant and ability. Parents must label their child's suncream. At Fusion we know the benefits of outdoor play and are aware of the risks that playing in the sun can bring; increase in the risk of developing skin cancer in later life. Children's skin is delicate, but using a minimum of SPF15 sun cream on exposed skin, will support children. We are more than happy to help children to reapply sun cream throughout the session (consent must be obtained for this in the registration pack). Please provide sun cream for your child and label the bottle so we know it belongs to you. Due to allergies, we are not able to share sun cream amongst children.
- Staff can wear non-uniform, but must wear a lanyard.

- Children are encouraged to increase their water intake in hot weather and are encouraged to do so in outdoor areas also, with regular water breaks. We advise children to bring their own water bottles.
- Water will always be available to children throughout the session from water dispensers/ taps which children will be able to access independently.
- Water-rich foods such as cucumber, melon etc will be provided where appropriate and ice lollies will be provided.
- We are committed to ensuring all staff are actively involved in the implementation of this policy and that they consider the UV forecast and sun protection/control measures when planning outdoor play or activities. Staff will role model good hydration practices by drinking water regularly in front of children, apply sunscreen and wear a sun hat when UV levels reach 3 or above.
- All children will be educated about sun safety
- Ensure children have opportunities to rest and cool down.
- The duration of outdoor activities and vigorous physical activities may be limited during the hottest periods, such as when temperatures are in excess of 30°C and staff will risk assessment and decide upon outdoor play.
- Staff will check outdoor equipment, surfaces and play resources before use as metal slides, swings, artificial surfaces and other equipment can become dangerously hot and may cause burns. Any unsafe equipment will be taken out of use until temperatures have reduced.
- Fans will be used to help circulation, but when temperatures are above 35°C fans will not be used as they may not prevent heat-related illness and may worsen dehydration.
- We will keep the use of electric lighting to a minimum
- If our areas become too hot, we will move to airconditioned classrooms/ other parts of the building.

Shade: Shade can be provided naturally by trees and/or by built and/or portable structures. Outdoor play should be monitored and limited according to UV levels and during peak UV hours (between 11am and 3pm). We will dynamically risk assess our outside areas for shade.

When the sun is strong, and it is hot we will encourage children to play in shade.

- Provide access to shaded areas in the outdoor environment.
- Use gazebos, canopies, umbrellas, or natural shade where available.
- Encourage children to take regular breaks from direct sunlight.

- Keep indoor areas as cool as possible through ventilation, blinds, curtains, and shaded windows and the use of fans to circulate air. Staff will open windows. Staff will close windows when the outdoor air becomes warmer than the air indoors – this will help to keep the heat out while allowing adequate ventilation in the preschool.
- Monitor room temperatures.

Hydration: We encourage children to drink fluids regularly as children may not remember to drink by themselves, having regular adult led water breaks and directing children to our hydration station. Young children have a higher proportion of body water than adults. They are also less heat tolerant and may be more likely to get dehydrated, especially when being physically active and in warmer weather. All children will have a named bottle or cup.

Water Play: Water play will be used as a cooling activity during hot weather. Staff will ensure:

- Appropriate supervision at all times.
- Water equipment is maintained and cleaned regularly.
- Safe hygiene procedures are followed.

Monitoring UV level: During warmer months as a sun safety measure, we will use our UV Monitor to check levels. A five day UV forecast for any UK location, provided by the Met Office in association with Skcin can be accessed on the Sun Safe Nurseries website.

Useful links:

<https://www.childcare.co.uk/information/sun-safety-for-children>

<https://www.sunsafenurseries.co.uk/>

<https://www.eyalliance.org.uk/how-be-sun-safe>

Heatwave: Where the Met Office issues weather warnings or temperatures are considered excessive, management may:

- Restrict or suspend outdoor activities.
- Modify operating procedures.
- Take additional measures to safeguard children and staff.

Health risks from heat: 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). If sensible precautions are taken children are unlikely to be adversely affected by

hot conditions, however, teachers, assistants, school nurses and all child carers should look out for signs of heat stress, heat exhaustion and heatstroke.

Recognising Heat-Related Illness: All staff will be familiar with the signs and symptoms of heat stress, heat exhaustion and heatstroke.

Possible symptoms include:

- Unusual tiredness
- Headache
- Dizziness
- Nausea or vomiting
- Excessive sweating
- Pale or clammy skin
- Irritability or unusual behaviour
- Floppiness or lethargy
- Confusion or loss of consciousness

If a child shows signs of heat exhaustion, staff will:

1. Move the child to a cool, shaded area.
2. Encourage them to drink water.
3. Remove excess clothing if appropriate.
4. Cool the child using damp cloths or fans.
5. Contact parents/carers if necessary.
6. Seek emergency medical assistance if symptoms worsen or do not improve.

Where heat exhaustion or heatstroke is suspected, staff will follow first aid procedures and seek medical assistance immediately where required. Heatstroke is a medical emergency and emergency services will be contacted without delay.

Children with Additional Needs

Some children, including babies, children under four years of age, and children with certain medical conditions or special educational needs and disabilities (SEND), may be at greater risk during hot weather. Individual needs and risk assessments will be considered when planning activities and routines.

We provide parents with sun safety and skin cancer awareness information to promote support and raise awareness of prevention and early detection across our parent/family community.

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Signed and approved:	Fusion Childcare Services		