



# GLEN URQUHART CHILDCARE

Scottish Charitable Incorporated Organisation SC024692

## SUN PROTECTION

At the Glen Urquhart Childcare Centre, we want all children to enjoy the sun safely. We will work with staff, parents and children to achieve this through:

### Education

- All children will be involved in age and understanding appropriate discussions at the start of the summer about sun protection and the risks.
- All staff will be educated about the importance of sun protection and the risks involved in not protecting themselves and others.
- Parents and carers will be made aware of our policy on sun protection.

### Shade

- When areas of the play space get full sun, children will be discouraged from playing there in the very hot weather. If needed, temporary shade will be created with parasols, den building activities and gazebos.

### Timetabling

- Children will spend more time in the garden areas before 11am and after 3pm. This is to avoid being outside when the sun is at its hottest (between 11am – 3pm).
- In extremely hot weather, time outside will be kept to a minimum to avoid prolonged sessions in the sun.
- Care will be taken to ensure that children do not have overexposure to the sun, particularly those staying all day.

### Clothing

- All children will be encouraged to wear sun hats. Parents are asked to provide their child with a sun hat. We also have a limited supply of hats at the childcare centre to provide those children with one should they not have one of their own.

## Water

- Children will have access to water at all times and will be encouraged by staff to drink on a regular basis. Children will be educated on the importance of drinking enough water and the dangers of dehydration.
- Extra water stations will be set up outside on a low table to encourage children to help themselves.

## Sunscreen

- Parents are asked to apply sunscreen on their child before they arrive at the childcare centre. We ask that this is a 24-hour sunblock. We will top children up with sunscreen if/when necessary and seek written parental permission before doing this. All sunscreen permission forms are clearly displayed in the sunscreen folder located in the kitchen
- We use a spray sunscreen to avoid cross contamination and it has UVA protection of 50. Parents can also supply their own if they wish and we ask for this to be taken into the childcare centre clearly named.
- Personal sun cream will be stored in the cupboard beside the first aid box in the kitchen.
- We seek written permission for using our sun cream on children that states – Name and date of birth of child and has signed permission from parent/carer.
- If a child requires a different brand of sun cream we require to know – the name of sunscreen – method of application – frequency – has it been applied to the skin before – signed permission stating relationship to child
- We clearly mark on the bottle of sun cream the date purchased and the expiry date. No sun cream will be used when it reaches the expiry date.

Reviewed by: Sian Tembo (Manager)  
Date last reviewed: January 2026  
Date of next review: September 2027

