

SUN CREAM POLICY



Purpose

This policy outlines the measures PSP will take to protect children, staff, and volunteers from the harmful effects of sun exposure, including sunburn, dehydration, heat exhaustion, and excessive ultraviolet (UV) radiation during outdoor activities. The camp recognises that children are particularly vulnerable to UV damage and that repeated sunburn during childhood can increase the risk of developing skin cancer later in life. The policy aims to promote safe outdoor participation while encouraging healthy sun safety habits for all members of the PSP holiday camps.

1-Policy Statement

The camp will:

- Support the safe participation of children in outdoor activities
- Take reasonable steps to prevent sunburn, dehydration, and heat-related illness
- Promote awareness of sun protection and sun safety
- Ensure staff and volunteers understand and follow sun safety procedures
- Work in partnership with parents/carers to ensure children are appropriately prepared for outdoor activities and warm weather

This policy applies to all children attending the camp, as well as all staff, volunteers, visitors, and contractors involved in camp activities.

2-Sun Safety Principles

At PSP, we promote safe and responsible enjoyment of outdoor activities by encouraging effective sun protection measures for all children, staff, and volunteers.

PSP follows the recognised sun safety guidance to:

- Wear suitable clothing that helps protect the skin from the sun
- Apply sunscreen regularly and correctly
- Wear hats that provide shade for the face, neck, and ears
- Make use of shaded areas whenever possible

Additional sun safety precautions will be implemented when the UV Index reaches 3 or above, particularly during outdoor sports sessions.

3-Sunscreen Requirements

Children:

Parents/carers must:

- Apply sunscreen to their child before arrival each day
- Provide clearly labelled sunscreen for reapplication during the day
- Inform staff of any allergies or skin conditions

The camp recommends:

- Minimum SPF 30
- Broad spectrum UVA and UVB protection
- Minimum 4-star UVA rating
- Water-resistant sunscreen for sports and swimming activities

Staff Support

Staff will:

- Remind children to reapply sunscreen regularly
- Supervise younger children when applying sunscreen
- Encourage thorough coverage of exposed skin
- Support children in hard-to-reach areas only where appropriate safeguarding procedures are followed

Children capable of self-application will be encouraged to do so independently.

4. Sunscreen Application

Children should arrive at PSP with sunscreen already applied before the start of the day. To ensure continued protection during outdoor activities, sunscreen should be reapplied:

- Before extended outdoor sessions
- At regular intervals throughout the day, particularly during warm or sunny weather
- After swimming, water play, or excessive sweating
- Following towel drying or vigorous physical activity

Staff will incorporate regular sun safety, and hydration breaks into the daily schedule to support safe participation in outdoor activities.

5. Hydration

PSP recognises the importance of maintaining good hydration, particularly during warm weather and physical activity. Children and staff will have regular access to drinking water throughout the day.

PSP will:

- Encourage children to drink water regularly during activities and breaks
- Provide opportunities for water bottles to be refilled throughout the day
- Remind children to bring a clearly labelled water bottle each day
- Monitor children for signs of dehydration, overheating, or heat-related illness

Sugary, fizzy, and highly caffeinated drinks are discouraged during camp activities.

6-Monitoring Weather and UV Levels

Camp leaders will:

- Monitor weather forecasts and UV Index levels daily
- Adjust activity schedules when temperatures or UV levels are high
- Consider cancelling or relocating ac

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| This policy was adopted by: PSP | Date: 10/01/2026 |
| To be Reviewed: 10/01/2027 | Signed by: Jessica Finch Company Director |