

Heatwave and Sun Safety Policy

Flying Start Pre-School

Flying start is fully aware of the dangers of the sun and extreme temperatures (heatwave).

We understand that the children are classified in the 'at most risk' category being at risk of:

- **Dehydration** ([Thirst](#), [loss of appetite](#), [dry skin](#), [skin flushing](#), [dark coloured urine](#), [dry mouth](#), [fatigue or weakness](#) [chills](#), [head rushes](#), increased heart rate, increased respiration, decreased sweating, decreased urination, increased body temperature, extreme fatigue, muscle cramps, headaches, nausea, tingling of the limbs)
- **Overheating and heat exhaustion** (headaches, dizziness, nausea and vomiting, muscle cramps, pale skin, high temperature)
- **Heatstroke** (headaches, nausea, intense thirst, sleepiness, hot, red and dry skin, a sudden rise in temperature, confusion, aggression, convulsions, loss of consciousness)

We are aware that there are 4 levels of heat wave alerts.

Level 1: Summer Preparedness runs from 1 June to 15 September .

Level 2: There is a high chance of high temperatures in the next few days that could pose significant health risk.

Level 3: Heatwave temperatures are in one or more regions and steps should be taken to stay cool.

Level 4: A heatwave is severe and/or prolonged.

Should an alert go above Level 3 we will continue to monitor the levels on a daily basis through radio, T.V and the met office website at these times. If the level alert is a Level 4 we may consider closing if we feel that the children and staff will be at risk.

We promote awareness of sun safety to parents and children through newsletters reminding them of our guidelines for the summer.

- We educate the children of the importance of sun protection.
- Parents are required to apply sun cream before attending nursery.
- Children must wear sun hats when out in the garden.
- Parents are required to dress their children appropriately covering shoulders and backs.
- We will adapt the routine to ensure that we can enjoy the sun by monitoring the temperature and shade available.
- Strenuous activities will be limited according to the temperature.
- Windows should be opened to allow fresh air in only if this helps in reducing the temperature.
- Water will be provided at all times and children will be encouraged to stop play and drink regularly.
- We have water sprays available to spray themselves with cool water.
- We will ensure that children with medical conditions (Asthma, heart conditions) have their medication available.
- Staff will check that the children are not over dressed or getting over heated.
- Parents are asked to provide appropriate footwear to enable the children to play safely in the garden and nursery NO FLIPFLOPS.

On doctors recommendation if using a high factor sun cream this should suffice while your child is at nursery as we only operate for the morning sessions.

We emphasise that it is the parents' responsibility to apply sun cream.

This policy was adopted on	Signed on behalf of the nursery
09/11/2021	Sarah Maynard