



Testlands, Green Lane • Southampton, Hampshire • Phone: 023 8202 6700 •  
contactus@testlands.com • Web: www.testlands.com

## Sun Safety Policy

This policy follows guidance from Public Health England: Looking after children during Heat Waves.

The Department of Health publication 'Heatwave – A guide to looking after yourself and others during hot weather' provides advice on what to do under such circumstances; the advice given focuses specifically on children in the provision of before or after-school childcare, clubs and during school. This advice should be followed during periods of hot weather, but it is particularly important if a Level Amber or Red Heatwave Alert is announced. In the event of such an alert, health organisations and local authorities will be alerted by the Met Office.

### Protecting Children Outdoors

During periods of high temperature the following steps will be taken at any of our provisions:

- Children will not take part in vigorous physical activity on very hot days, such as when temperatures are in excess of 30°C.
- We will encourage children playing outdoors to stay in the shade as much as possible.
- Children should wear loose, light-coloured clothing to help keep cool and wear sun hats.
- Children must be brought in with sunscreen in their bags of at least SPF 15 and UVA protection and if necessary, should be applied before attending. It will be applied throughout the day when necessary.
- A refillable water bottle should be sent in with children and we will provide drinking water at all times to be filled up regularly.

### Protecting Children Indoors

- Windows and other ventilation openings will be open during the coolest hours to allow stored heat to escape.
- We will encourage children to eat and drink as normal in extreme weather conditions.
- We will use spaces least likely to overheat, with the most airflow and rearrange the space to avoid direct sunlight.

All Testlands staff are aware of the risks of extreme weather conditions and are trained on how to manage them, including heat exhaustion, heat stress and sun stroke.

**Last reviewed:** August 2024

**Date of next review:** August 2025

Signed: B.Stanley