

Sun Protection and Extreme Hot Weather

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We balance outdoor play with sensible precautions to protect children from sun exposure and heat-related illness.

What families should provide

- A named sun hat and suitable lightweight clothing.
- Clearly labelled sun cream where requested.
- A named drink bottle.
- Information about medical conditions or medication affected by heat or sunlight.

What we do

- Encourage regular drinks and provide access to water.
- Use shade and limit strenuous activity during the hottest part of the day.
- Adapt or shorten outdoor sessions when temperatures or UV levels are high.
- Monitor children for sunburn, dehydration, heat exhaustion or unusual tiredness.
- Keep indoor areas as cool and well ventilated as safely possible.

Sun cream

Parents provide written permission for staff to apply sun cream. Staff record or communicate application in line with nursery procedures and support older children to develop safe independence.

Extreme conditions

Activities may be changed or cancelled if heat, severe weather, poor air quality or another environmental condition makes them unsafe. A child who becomes unwell will be cooled, monitored and collected; emergency help will be sought when needed.

Questions or concerns

Questions? Contact Caroline Daniel, Owner/Manager, on 07720 313418 or admin@appleblossomnursery.co.uk.