

1.9 Outdoor Safety & Weather Policy

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1.9 Outdoor Safety & Weather Policy

Policy Statement

At **Miss B's Nursery**, we recognise that outdoor play is essential to children's learning, development and wellbeing. Spending time outdoors helps children develop physically, socially and emotionally, while also encouraging curiosity and exploration.

Children are encouraged to access outdoor learning opportunities whenever it is safe to do so throughout the year. However, weather conditions can present risks if not managed carefully. The nursery therefore has procedures in place to ensure children remain safe during **hot weather, cold weather, extreme temperatures and other environmental conditions**.

This policy is implemented in accordance with the **Statutory Framework for the Early Years Foundation Stage (EYFS)**, which requires providers to ensure the safety and well-being of children in their care and to carry out appropriate risk assessments.

Miss B's Nursery is regulated by **Ofsted**, and inspectors assess how effectively providers manage risks and protect children's health and safety within indoor and outdoor environments.

The policy also reflects the **United Nations Convention on the Rights of the Child (UNCRC)**, including:

- **Article 3** – The best interests of the child must always be a primary consideration.
- **Article 6** – Children have the right to life, survival and healthy development.
- **Article 24** – Children have the right to the highest attainable standard of health and a safe environment.
- **Article 31** – Children have the right to play and participate in recreational activities.

Miss B's Nursery aims to ensure that children can safely enjoy outdoor experiences in all seasons while protecting them from potential environmental hazards.

Sun Safety (Warm Weather)

Children's skin is delicate and can easily be damaged by ultraviolet (UV) radiation. The sun is typically strongest between **11:00 am and 3:00 pm**, and particular care is taken during these hours.

Nursery Responsibilities

Miss B's Nursery will:

- Educate children about protecting themselves from the sun in age-appropriate ways.
- Ensure children wear **sun hats during outdoor play**.
- Encourage activities to take place in **shaded areas where possible**.
- Apply **sunscreen with an SPF of at least 30** when necessary (with parental permission).
- Reapply sun cream at lunchtime for children attending extended sessions.
- Ensure children have regular access to **drinking water** and encourage hydration.
- Monitor children for signs of sunburn or overheating.

Parent Responsibilities

Parents and carers are asked to:

- Apply sun cream **before their child arrives at nursery**.
- Ensure protection is applied to areas such as the **neck, shoulders, ears, nose, cheeks and feet**.
- Provide a **named sun hat** for their child.
- Dress children in appropriate clothing that helps protect the skin from the sun.
- Ensure children wear safe footwear suitable for outdoor play.

Helping Children Remember Sun Safety

Children will be encouraged to remember the simple sun safety message:

S – Stay in the shade

U – Use sun cream

N – Need to cover up

UV Index Guidance

Miss B's Nursery follows national health guidance regarding the **UV Index**, which measures the strength of the sun's ultraviolet radiation.

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When the **UV Index reaches 3 or above**, additional sun protection measures are required.

During these conditions, staff will:

- Encourage play in shaded areas
- Ensure hats and sun cream are used
- Limit prolonged exposure to direct sunlight
- Provide regular water breaks.

Staff may monitor weather forecasts and UV levels to help plan safe outdoor play.

Hydration

Maintaining hydration is essential for children's health, particularly during warm weather and active play.

Miss B's Nursery will:

- ensure children have **continuous access to drinking water**
 - encourage regular drinking throughout the day
 - Offer additional water breaks during warm weather
 - Monitor children for signs of dehydration, such as tiredness, headaches or irritability.
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Cold Weather Safety

Outdoor play continues throughout the year whenever conditions are safe.

Fresh air and physical activity remain beneficial for children during colder months.

Nursery Responsibilities

Miss B's Nursery will:

- Monitor weather conditions and outdoor temperatures
- Adjust the length of outdoor sessions during colder weather
- Check for hazards such as icy surfaces

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- ensure children have opportunities to warm up indoors if needed.

Parent Responsibilities

Parents are asked to ensure children attend nursery with appropriate clothing during colder weather, including:

- warm coats
- hats and gloves
- suitable footwear.

Adverse Weather

Outdoor play may be adapted or limited during severe weather conditions, such as:

- storms
- high winds
- icy conditions
- extreme heat
- severe weather warnings.

Staff will conduct risk assessments before allowing children to play outside.

Where outdoor play is not possible, alternative **indoor physical play opportunities** will be provided.

Heatwave and Extreme Temperature Procedure

Miss B's Nursery follows guidance from the **UK Health Security Agency (UKHSA)** regarding heatwaves and extreme temperatures.

During periods of extreme heat, the nursery will:

- Increase use of shaded outdoor areas
- Reduce strenuous outdoor activity
- Provide additional drinking opportunities
- Adjust outdoor play times where possible

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- ensure children rest and cool down when needed.

Children will be monitored for symptoms of heat-related illness, including:

- excessive tiredness
- dizziness
- flushed skin
- headaches
- irritability.

Outdoor play may be shortened or paused if temperatures become unsafe.

Air Quality and Pollution Guidance

Miss B's Nursery is aware that air quality can sometimes be affected by pollution levels, particularly near busy roads or during certain weather conditions.

When poor air quality is reported in the local area of **West Sussex**, the nursery will:

- Monitor local air quality updates where possible
- Limit vigorous outdoor activity during high pollution alerts
- Encourage indoor play where appropriate
- Ensure that children with respiratory conditions, such as asthma, are monitored closely.

These precautions help ensure children's health is protected in line with **UNCRC Article 24**, which recognises children's right to a healthy environment.

Storm and High Wind Procedure

Outdoor play areas are carefully assessed during windy or stormy weather.

In the event of strong winds or storms, the nursery will:

- Inspect outdoor areas for hazards such as loose branches or unstable equipment
- Secure or remove outdoor equipment that could become dangerous
- Suspend outdoor play if wind conditions present a safety risk

1: Safeguarding and Promoting Children's Welfare

- follow the nursery's **Risk Assessment and Health and Safety policies**.

Children will remain indoors until it is safe to return outside.

Staff Responsibilities

Staff members will:

- Supervise children closely during outdoor play
 - Ensure appropriate clothing and sun protection measures are in place
 - Monitor children for signs of overheating or being too cold
 - Follow the nursery's risk assessment procedures
 - Promote children's understanding of safe outdoor behaviours.
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Partnership with Parents

Miss B's Nursery works closely with parents and carers to ensure children are prepared for outdoor play in all weather conditions.

Parents will be informed about:

- suitable clothing for the season
- sun protection expectations
- hydration and weather safety guidance.

By working together, staff and parents help ensure that children can enjoy **safe, healthy and enjoyable outdoor play throughout the year**.
