

1.7 Promoting Health and Hygiene

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Table of Contents

1.7.1 Administering medicines	3
Policy statement.....	3
Procedures	4
1.7.2 Children who are sick or infectious	5
Policy statement.....	5
Procedures	5
1.7.3 Children with nits and head lice	6
Policy statement.....	6
1.7.4 Children with allergies.....	6
Policy statement.....	6
Procedures	6
1.7.5 Recording and reporting accidents and incidents	7
Policy statement.....	7
Procedures	7
1.7.6 Nappy changing, clothing changes and toilet use.....	9
Policy statement.....	9
Procedures	10
1.7.7 Food and drink.....	10
Policy statement.....	10
Procedures	11
1.7.8 Children's clothing.....	12
Policy statement.....	12
Procedures	13
1.7.9 First Aid.....	13
Policy statement.....	13
Procedures	13
1.7.10 Travel.....	14
Policy statement.....	14
Procedures	15

1: Safeguarding and Promoting Children's Welfare

What we do	15
Public transport information	15
What we ask of parents	15
What we ask of children.....	16
1.7.11 Operating Structure & Traffic Distribution	17
1.7.11.1 Staggered Drop-off and Pick-up System	17
1.7.12 Key Worker Collection Service	17
1.7.13 Parent Code of Conduct	17
Appendix 2:	18

1.7 Promoting Health and Hygiene

Policy statement

At **Miss B's Nursery**, our everyday routines and procedures are designed to maintain a clean, hygienic environment and encourage children to develop healthy habits. We make specific arrangements to support health matters required under the **Early Years Foundation Stage (EYFS)**, including the safe administration of medicines and the provision of food and drink.

In doing so, we uphold children's rights under the **United Nations Convention on the Rights of the Child (UNCRC)**, including:

- **Article 3** – The best interests of the child must be a primary consideration.
- **Article 6** – Every child has the right to life, survival and healthy development.
- **Article 24** – Every child has the right to the highest attainable standard of health.
- **Article 27** – Every child has the right to a standard of living that supports their development.
- **Article 31** – Every child has the right to play, rest and leisure.

The following procedures explain how Miss B's Nursery promotes health, hygiene and children's wellbeing in practice.

1.7.1 Administering medicines

Policy statement

Although Miss B's Nursery does not provide care for children who are unwell and should remain at home until they are fit to return, we will administer medication where necessary to support a child's health, well-being, or recovery from illness. We ensure that medicines are given safely, correctly and in line with legal requirements.

Wherever possible, families should ask the child's GP or other prescriber whether medication can be given at home, for example, in the morning and evening. As far as possible, medicines will only be administered in the nursery, where failure to do so would be detrimental to the child's health.

If a child is taking a medicine for the first time, it is preferable for them to remain at home for the first **48 hours** so that parents can monitor for any adverse reactions and allow time for the treatment to take effect.

At Miss B's Nursery, the child's **Key Person** is usually responsible for administering medication. If the Key Person is absent, the **Duty Supervisor** for the session will take responsibility for overseeing this. This includes checking that parental consent has been obtained, ensuring correct storage, and maintaining accurate records.

1: Safeguarding and Promoting Children's Welfare

Where a child has a long-term medical condition, such as **asthma, diabetes or epilepsy**, parents/carers must provide an individual healthcare plan prepared in accordance with advice from relevant health professionals. This plan will be reviewed whenever the child's needs change.

These arrangements support children's rights to health and appropriate care under **Articles 3 and 24 of the UNCRC**.

Procedures

- **Prescription medicines** – Children who are prescribed medication must be well enough to attend the nursery. Medicines will normally only be administered where they have been prescribed by a doctor or another appropriately qualified medical professional. The medicine must be in date, in its original container, clearly labelled, and prescribed for the child's current condition.
- **Non-prescription medicines** – non-prescribed medicines supplied by the parent and recommended by a pharmacist or nurse may be administered, with the exception of medicines containing aspirin unless these have been prescribed by a doctor.
- **Written parental consent** – Staff will only administer medication when a parent or carer has completed and signed the nursery's consent form. This must include the dose, method of administration and time the medicine is to be given.
- **Medication record** – Every administration of medicine will be recorded in the nursery's medicine record, which is kept with the accident documentation.
- **Storage** – All medicines are kept safely out of children's reach, usually in the refrigerator or another secure place in the staff kitchen.
- **Regularly needed medication** – Some medications, such as inhalers for asthma, may be stored on site for routine use or for use when needed.

Where a medicine requires specialist knowledge to administer, Miss B's Nursery will arrange individual staff training from a qualified health professional.

Children may not self-administer medication. Where a child can recognise when medication is needed, such as for asthma, they should be encouraged to tell an adult. This does not relieve staff of the responsibility to remain vigilant and respond appropriately.

Where children have long-term conditions or ongoing medication needs, further individual procedures may be drawn up on a case-by-case basis.

1.7.2 Children who are sick or infectious

Policy statement

Children who are unwell should not attend Miss B's Nursery and should remain at home until they are fit to return. In particular:

- Children who have had **sickness or diarrhoea** must remain away from nursery for **48 hours** after the last episode.
- Children with certain highly infectious conditions, such as **conjunctivitis**, should not attend while infectious.
- Children who have started a course of **antibiotics** should remain at home for the first **48 hours** after treatment begins.

Miss B's Nursery aims to maintain a healthy environment and reduce the spread of infection by taking appropriate steps to prevent cross-infection from viruses and bacterial illnesses.

The nursery keeps and refers to current health guidance for children and young people's settings, including relevant UK Health Security Agency guidance.

If a child attending the nursery is suspected or confirmed to have a disease that is notifiable under the **Health Protection (Notification) Regulations 2010**, the nursery will notify the appropriate **local authority public health/proper officer** and **Ofsted** where required. Examples of notifiable diseases include (but are not limited to):

- measles
- rubella (German measles)
- scarlet fever
- whooping cough
- diphtheria
- meningitis / meningococcal septicaemia
- mumps

A list of notifiable diseases and reporting duties is displayed on the nursery noticeboard.

These measures support children's rights to health and protection under Articles **6 and 24 of the UNCRC**.

Procedures

- If a child becomes unwell during the day, for example by developing a temperature, sickness, diarrhoea, or complaints of pain, especially in the head or stomach, staff will telephone the parent/carer and ask for the child to be collected.
- If a child appears to have a raised temperature, staff will use the nursery thermometer kept in the First Aid box to check this.

- If the temperature is confirmed, the child will be kept comfortable, cool and at rest while parents are contacted.
 - In a serious medical emergency, staff will call an ambulance and inform parents immediately.
-

1.7.3 Children with nits and head lice

Policy statement

Head lice and nits are not normally grounds for exclusion from Miss B's Nursery, although in exceptional circumstances a parent may be asked to keep a child away until treatment has been completed and the infestation is under control.

If staff identify nits or head lice while a child is attending the nursery, all families will be informed by a written notice on the nursery noticeboard and asked to check and, where necessary, treat their household.

The nursery will not name or identify individual children on the noticeboard or elsewhere. Information about a child with head lice will remain confidential between staff and the child's parents/carers.

This supports children's rights to privacy and dignity under **Article 16 of the UNCRC**.

1.7.4 Children with allergies

Policy statement

Miss B's Nursery seeks to provide a healthy environment by identifying allergies, managing risks, and preventing children from coming into contact with substances that could harm them.

Procedures

Before a child starts at Miss B's Nursery, parents are asked to provide details of any known allergies. This information is recorded on the child's application form, emergency contact form and on the nursery allergy notice displayed near the snack area.

Recorded details include:

- the **allergen** itself, such as nuts, eggs, bee stings or animals.
- the **type of reaction** the child may have, such as rash, skin redness, swelling, breathing difficulty or anaphylaxis.
- **What action must be taken** in the event of a reaction, including medication and how it should be administered, for example, an EpiPen or other prescribed treatment.
- **control measures** needed to avoid contact with the allergen.

1: Safeguarding and Promoting Children's Welfare

Miss B's Nursery has a separate policy prohibiting **nuts and nut products**, including items such as peanut butter. Parents are regularly reminded of this rule to reduce the risk of accidental exposure.

The most common allergy-related condition experienced by children attending the nursery is **asthma**. Inhalers are treated as medication and administered in accordance with the procedures in section **1.7.1**.

These arrangements support children's rights to life, health and protection under **UNCRC Articles 6, 24 and 3**.

1.7.5 Recording and reporting accidents and incidents

Policy statement

Most accident reporting at Miss B's Nursery relates to minor incidents, such as trips, falls, slight grazes or other low-level injuries. These are recorded, along with any first aid given, which commonly includes comfort, a cold compress or similar minor treatment.

Parents are informed of such accidents when they collect their child and are asked to sign the relevant accident record. However, no accident is treated casually, particularly where a child has had a **bump to the head**, in which case additional reporting procedures apply.

Staff also observe children on arrival. If a child arrives with an existing injury or a parent informs the nursery of a health issue, parents will be asked to complete a **pre-existing injury form** with staff support.

Miss B's Nursery maintains a separate accident section for incidents involving **staff or other adults** on the premises.

For more serious matters, the nursery follows the **Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR)** and other relevant reporting requirements.

Child protection concerns and behaviour matters between children are dealt with under separate procedures and are not recorded as accidents/incidents within this section.

These procedures uphold children's rights to protection and appropriate care under **Articles 3, 19, and 24 of the UNCRC**.

Procedures

- The accident record is always readily available and accessible to staff.
- As a prompt, the names of children who have had an accident may be noted on the noticeboard to remind staff to speak to parents at collection time.
- Where a child has had a head bump, parents are given a **Head Bump Notification** letter.

1: Safeguarding and Promoting Children's Welfare

- Accident entries are reviewed periodically to identify patterns or possible hazards.

In addition, Miss B's Nursery will notify **Ofsted** as soon as reasonably practicable, and within 14 days at the latest, of any event involving:

- Food poisoning affecting two or more children on the premises.
- a serious accident, injury or illness involving a child in our care, together with the action taken.
- The death of a child while in our care.

Where appropriate, local safeguarding agencies will also be informed of serious accidents, serious injuries or the death of a child, and the nursery will follow any advice given.

Any food poisoning affecting two or more children or adults on site will also be reported to the **local Environmental Health Department**.

Miss B's Nursery complies with legal duties under **RIDDOR** and will report to the **Health and Safety Executive (HSE)** where required, including:

- any work-related accident-causing injury to a member of the public, child or adult, who is taken directly to a hospital for treatment.
- any work-related accident causing a specified injury to an employee, such as a fracture, loss of consciousness from a head injury, serious burns or amputation.
- any work-related injury causing an employee to be unable to work for seven consecutive days.
- occupational illnesses or diseases that are reportable under HSE rules.
- any death connected to a work-related accident.
- any dangerous occurrence, whether or not it actually causes harm.

All work-related injuries that incapacitate an employee for three or more days are recorded in the **Staff Accident Book**.

In addition to the accident records, the nursery also records serious **incidents**.

Examples of serious incidents may include:

- break-in, burglary or theft of nursery or personal property.
- an intruder entering the premises without authorisation.
- fire, flooding or electrical failure.
- assault on a child or adult on or near the premises.

1: Safeguarding and Promoting Children's Welfare

- racist incidents involving families or staff on site.
- the death of a child or adult.
- a terrorist attack or threat.

If an incident is discovered, the nursery will contact the relevant emergency service where appropriate.

If an incident occurs before children arrive, the **Manager** will assess whether the premises are safe to open.

The nursery may decide to offer a reduced service or close temporarily. We would liaise with the owner or manager responsible for the premises and any relevant local authority or site management contact in **West Sussex**.

If an incident occurs while children are on site and evacuation or lockdown is required, staff will follow the nursery's **Fire Safety, Emergency Evacuation and Emergency Lockdown procedures** to ensure everyone is either safely removed from the building or safely secured inside.

If a crime may have taken place, adults who witnessed the event may be asked to provide a signed witness statement, including:

- the date and time.
- what they saw or heard.
- What action did they take?
- their full name and signature.

Where possible, witnesses may also be asked to remain on site until emergency services arrive.

In the event of a terrorist incident, the nursery will follow the instructions of the emergency services regarding evacuation, lockdown, medical support, and communication with families.

1.7.6 Nappy changing, clothing changes and toilet use

Policy statement

No child will be excluded from Miss B's Nursery because they are not, yet toilet trained or still wear nappies or similar products. We work in partnership with parents to support toilet learning, unless this would be inappropriate because of a child's medical or developmental needs.

The nursery provides appropriate changing facilities and follows good hygiene procedures to support children who are not yet toilet-trained. Spare underwear and clothing are also available for children who have minor toileting accidents.

1: Safeguarding and Promoting Children's Welfare

We view toilet learning as an important self-care skill that children should be supported in developing with patience, sensitivity, and without judgement.

Children are expected to arrive at nursery **clean and dry**, where possible. If a child has a small accident during the session, staff will change the child as necessary. Families may also provide spare clothing and, where required, nappies, wipes and nappy sacks in a named bag.

Most children attending Miss B's Nursery use the toilet independently and are encouraged to do so. They are frequently reminded to wash their hands after toileting and at other appropriate times using soap dispensers and paper towels.

These arrangements support children's rights to dignity, health and development under **UNCRC Articles 24, 27 and 28**.

Procedures

The nursery's nappy-changing area is in the children's toilet and includes facilities that allow children to climb safely onto the changing mat. Staff wear gloves and prepare the area before changing begins.

During nappy changing or clothing changes, staff will:

- Never leave a child unattended on the changing mat or turn your back on them.
- avoid making faces or negative comments about toileting or nappy contents.
- never make inappropriate comments about a child's body or genitals.
- handle the child gently and respectfully.

ensure the experience is calm and supports the child's growing independence.

- dispose of nappies and pull-ups hygienically off-site.
- Place wet or soiled pants or trainer pants into waterproof bags for parents to take home.
- Record all nappy changes or toilet assistance in the nursery log kept on the toilet door.

Staff understand that children's personal care needs are part of the nursery's **duty of care** and that leaving a child in a wet or soiled nappy or pull-up could amount to neglect.

1.7.7 Food and drink

Policy statement

Shared eating experiences are an important part of daily life at Miss B's Nursery. During the morning, snacks are offered on a **free-flow basis**, usually between **10.00 am and 11.15 am**, with up to eight children seated at a time at the snack table. This area is supervised by a member of staff or a volunteer.

Any snack requiring use of a sharp knife is prepared in the staff kitchen, which is out of bounds to children. Each day, two children may help staff with setting up and assisting at snack time.

The nursery provides nutritious snacks, which may include:

- fresh fruit
- dried fruit

1: Safeguarding and Promoting Children's Welfare

- vegetables
- rice cakes
- breadsticks
- semi-skimmed milk
- drinking water

Water is available throughout the day, although most children also bring a named water bottle from home.

Parents retain the right to provide an alternative snack and drink if their child has an allergy, intolerance or dietary need. Fizzy drinks are not permitted.

Children are encouraged to develop independence by self-registering for snack, choosing a beaker, pouring a drink and serving themselves where appropriate, with support offered when needed.

Lunch is eaten in small groups, usually with each **Key Person** seated with their key children, generally between **12.30 pm and 1.15 pm**. Lunches are provided by parents in packed lunch boxes.

As well as supervising health and safety at lunchtime, staff encourage conversation. Mealtimes are social learning opportunities that promote independence and help prepare children for future school meal routines. Lunch boxes are stored in a cool part of the premises away from direct sunlight.

Any staff involved in preparing snacks have completed food hygiene training.

Miss B's Nursery follows good food hygiene practice and any local or national food safety schemes relevant to the setting.

These procedures support children's rights to health, development and participation in everyday life under **UNCRC Articles 24, 27 and 31**.

Procedures

Before a child starts at Miss B's Nursery, parents are asked about dietary preferences, medical dietary needs and allergies. These details are recorded on the child's application form, emergency contact form, and allergy notice sheet, which are displayed where staff preparing food can see them.

To support healthy eating, the nursery follows these procedures:

- Parents are informed of the nursery's **healthy eating approach**.
- Dietary and allergy information is **checked and updated regularly**.
- Current dietary information is **displayed** so that all staff and volunteers are aware of it.
- Food containing nuts or nut products is **not provided**, and staff remain particularly vigilant when any child has a known nut allergy.
- Snack choices may be **displayed visually** for children to see.
- Staff show sensitivity to **dietary, allergy, medical, religious and cultural needs**.
- Children are **never labelled or singled out** because of their dietary needs or allergies.
- Snack and lunch times are organised as **positive social occasions**.
- Children are encouraged to develop **independence** through making choices, serving food and drink, feeding themselves and putting away lunch boxes.

1: Safeguarding and Promoting Children's Welfare

- Fresh drinking water is **always available**.
- Children are told **how to access water** and reminded that they may ask for it at any time.
- Children are **not allowed** to share or swap food.
- **Alternatives** to sugary birthday treats may include donating a favourite book to the nursery.

Fresh water is available and clearly accessible throughout the day. Families remain responsible for informing the nursery of any food that meets their child's cultural and dietary requirements. Allergy-aware procedures are followed, including the use of separate tools or systems where necessary.

Parents are asked not to include small treats that may be brought in for birthdays and distributed at home time.

At least one member of staff with current **Paediatric First Aid** training is present while children are eating. Allergy information is shared with food handlers, and allergy action plans are prepared and reviewed regularly using an appropriate recognised template.

The nursery also promotes safe eating in the following ways:

- **Choking risk reduction** – Grapes, cherry tomatoes and similar foods must be cut up before being placed in lunch boxes. If these are found whole, a laminated reminder notice is placed in the lunch box for the parent/carer.
- **Eating in sight of staff** – Tables and chairs are arranged so that every child eating is always clearly visible to a member of staff.
- **Eating only while seated at the table** – Children are not permitted to walk away from the table with food still in their mouths.
- **Awareness of non-food materials** – Staff are alert to the possibility of children trying to eat materials used in play, such as lentils or playdough.
- **Taste testing** – As part of learning experiences, children may be offered opportunities to try new foods, often unusual fruits or vegetables, and talk about taste, texture and preferences.

1.7.8 Children's clothing

Policy statement

As part of messy play, outdoor exploration, and growing independence in toileting, children at Miss B's Nursery should not worry about getting dirty or spoiling clothes. Families are given advice, including in the parent handbook, about suitable clothing for nursery.

This supports children's right to play and develop freely under **Articles 28 and 31 of the UNCRC**.

Procedures

The nursery's clothing guidance includes the following:

- **Nursery uniform** – As part of registration, parents are provided with nursery uniform items for their child. These consist of a T-shirt and fleece in the nursery colours, featuring the Miss B's Nursery logo.
- **Suitable clothing** – Parents are advised to provide simple, practical clothing without complicated fastenings such as braces or difficult zips. Long skirts or other clothing that can become caught or make toileting difficult are discouraged.
- **Footwear** – Shoes should be suitable for active play, climbing, running and riding toys. Open-toed sandals are not appropriate. Lace-up shoes should only be worn if the child can manage them independently.
- **Outdoor wear** – The nursery supports year-round outdoor play, and parents are asked to provide weather-appropriate clothing, such as coats, waterproofs and hats in sunny weather. The nursery also keeps some waterproof all-in-ones and spare wellington boots for wet weather play.
- **Spare clothes** – Depending on the child's stage of toilet training, parents should provide a named bag containing a change of clothes.
- **Name labels** – Parents should clearly label all removable clothing, shoes and hats. Each child is provided with a named peg label.

1.7.9 First Aid

Policy statement

Key Persons and relevant staff at Miss B's Nursery are trained in **Paediatric First Aid** and know how to respond appropriately to minor injuries and more serious emergencies, including choking, nosebleeds and head injuries.

At least one member of staff with a current **Paediatric First Aid certificate** is always on the premises. Copies of staff first aid certificates are stored in the nursery's First Aid folder.

This supports children's rights to protection, health, and life under the **UNCRC Articles 6, 19, and 24**.

Procedures

- A fully stocked First Aid box is kept in the kitchen. It is accessible to adults but out of reach of children.

1: Safeguarding and Promoting Children's Welfare

- Staff observe children on arrival and, where a child has a pre-existing injury or parents provide information about a health issue, parents are asked to complete an incident/pre-existing injury record.
- Parents of children who have had a head bump are given a **Head Bump Notification**.
- Medication is only given in accordance with the nursery's **administering medicines procedure**.
- Minor injuries or accidents are treated by a staff member with Paediatric First Aid training.
- For minor accidents, parents are usually informed at collection time unless the child is especially distressed or staff have concerns, in which case parents are contacted earlier to discuss next steps.
- In an emergency, an ambulance will be called. Parents will be contacted immediately and told what has happened and where the child has been taken.
- Accidents and injuries are recorded in the Accident Book and reported to HSE, Ofsted and/or safeguarding agencies where required under section **1.7.5**.

1.7.10 Travel

Policy statement

Miss B's nursery will actively support the '**Think Green, Think Fun, Think Health**' West Sussex County Council initiative (<https://www.westsussex.gov.uk/campaigns/think-green-think-fun-think-health/>).

By being an enthusiastic supporter of this campaign, we will strongly encourage **walking, cycling, carsharing, and getting the train or bus**, whenever possible, because this:

- promotes health and physical well-being.
- helps children begin to learn road safety skills.
- supports cleaner air and reduces traffic congestion.
- encourages lifelong healthy travel habits.

These arrangements support children's rights to health, development and a safe environment under **UNCRC Articles 6, 24 and 29**.

Procedures

What we do

- We will provide a '**Buggy Store**' for parents to leave their buggies on-site at drop-off. This enables and encourages parents to walk to drop their child off at nursery, offering ease and convenience.
- We will also provide an **on-site bicycle store**. In my experience at other nurseries, parents quite often use bicycles with child trailers to drop their children off.
- We will offer **free Scooter Training** to all parents and their children. Where all children aged 2 and above in our care will be taught how to use a scooter safely and with competence (either with their own scooters or one the nursery will provide), as recommended by the West Sussex County Council (<https://schools.westsussex.gov.uk/Page/2350>).
- There are safe storage areas for helmets and equipment.
- We will also celebrate '**International Walk to School Month**', as promoted by the West Sussex County Council (<https://schools.westsussex.gov.uk/Page/2348>). The nursery will celebrate and award this in different ways. **IWALK** is celebrated in **October**, coinciding with the start of every year, to encourage the beneficial habit.
- We use travel planning tools, such as **Modeshift STARS**, where applicable, to review and improve our travel plan.
- We promote safe and active travel through the noticeboard, displays, newsletters, website and social media.
- We encourage walking, cycling, scooting and public transport use for journeys to nursery.

Public transport information

- Local outings are undertaken on foot when close enough or by public transport when appropriate.
- We are also located near several bus stops within a 15-minute walk, highlighted in **Appendix 2**.
- In addition, we are situated within 0.5 miles (a 3-minute walk) of **West Worthing Station** and 0.5 miles (a 3-minute walk) of **Worthing Station**, both major travel hubs, highlighted in **Appendix 2**.

Families are informed before their child starts at the nursery that it promotes healthy and sustainable travel.

What we ask of parents

- Encourage children to walk, scoot or cycle to nursery whenever possible.
- Ensure children travel safely and sensibly, and push scooters and bikes once on nursery grounds.

1: Safeguarding and Promoting Children's Welfare

- Make sure bicycles and scooters are roadworthy and properly maintained.
- Consider providing a cycle helmet.
- Make sure children are visible using cycle lights and/or high-visibility clothing.
- Ensure children have a lock for their bike or scooter and know how to use it.
- Make sure they have suitable insurance for bikes or scooters, as the nursery cannot accept liability for loss or damage on site or during travel.
- If using the bus, consider getting off a stop or two early and walking the remainder of the journey.

The nursery understands that there are times when families must travel by car. Where this is unavoidable, parents are encouraged to drive only part of the journey and walk or scoot the last section where possible.

Where relevant, the nursery may provide information such as:

- a **five-minute walk zone map**.
- suggested **park and stride** locations in the local area.

If driving near the nursery, parents must park legally, safely, and respectfully. Parking on double yellow lines, zigzags, across driveways or in ways that obstruct other vehicles is not acceptable.

The decision about whether a child is competent to cycle or scoot to nursery rests with the parent or carer. Miss B's Nursery cannot accept responsibility for the consequences of that decision.

What we ask of children

- Ask your parent/carer whether you can walk, scoot or cycle to nursery.
- Behave sensibly and respectfully when travelling to and from nursery.
- Push bikes and scooters on nursery grounds.
- Help check that your bike or scooter is safe and looked after.
- Wear a cycle helmet where appropriate.
- Make sure you can be seen in poor light or bad weather by using lights and/or bright clothing.
- Use a lock for your scooter or bike when needed.

1.7.11 Operating Structure & Traffic Distribution

1.7.11.1 Staggered Drop-off and Pick-up System

To prevent congestion, we will implement several options for parents to choose from, with a maximum of 5 parents' cars per slot to ensure arrivals are distributed evenly.

The allocated arrival slots will be a maximum of a 15-minute window, during which parents can drop off and pick up within that **15-minute window**.

We will not operate as a fixed "**all at 9 am**" start time, as a school does.

The arrival times will be staggered in 15-minute windows (with 5 cars per window) between:

⇒ 08:00–09:45

⇒ 14:00–14:30

The same **15-minute system** will operate with a pickup to spread congestion (also with a maximum of 5 parents' cars per 15-minute pickup window). No fixed "**all to collect on the dot**" pick-up time. The parents' 15-minute slot will be between these times:

⇒ 13:00–14:00

⇒ 15:00–18:00

We feel that by having staggered pick-up and drop-off times, compared to the existing single pick-up and drop-off time, we will reduce traffic and parking volumes.

1.7.12 Key Worker Collection Service

We will also offer a service in which the child's key worker will come out to the parents' car to greet and pick them up as they arrive and bring the child out to their parents when appropriate.

1.7.13 Parent Code of Conduct

All parents will sign a Parking & Access Agreement, including:

- No double parking
- No parking across driveways
- No engine idling
- No waiting before the allocated time slot

Non-compliance may result in the withdrawal of nursery parking privileges.

Appendix 2:

Below, I have highlighted the bus stops within a 15-minute walk to the site:

- **Heene Road** (West Worthing) – 7 min walk
- **Bulkington Avenue** (Worthing) – 7 min walk
- **Worthing town centre stops** – 7 min walk
- **Shakespeare Road** – 13 min walk

The bus routes that operate include these bus stops:

Heene Road (West Worthing)

Bus routes stopping here:

- ⇒ **7** – Lancing <-> Worthing <-> High Salvington
- ⇒ **10** – Worthing <-> West Tarring <-> Durrington / Angmering
- ⇒ **9** – Worthing <-> Arundel
- ⇒ **701** – Coast route linking Worthing with Littlehampton / Lancing

Bulkington Avenue (Worthing)

Bus routes stopping here:

- ⇒ **1** – Worthing <-> Storrington
- ⇒ **5** – Worthing <-> Durrington
- ⇒ **7** – Lancing <-> Worthing <-> High Salvington
- ⇒ **10** – Worthing <-> Durrington / Angmering
- ⇒ **16** – Worthing <-> South Lancing
- ⇒ **23 / 23X** – Worthing <-> Crawley
- ⇒ **69** – Worthing <-> Pulborough
- ⇒ **700 / 701** – Coastal routes (Brighton <-> Portsmouth area)

Worthing Town Centre stops

(Examples: South Street, Town Hall, Marine Parade)

Common routes serving these stops include:

- ⇒ **1, 1C**
- ⇒ **5**
- ⇒ **7**
- ⇒ **9**
- ⇒ **10**
- ⇒ **11**
- ⇒ **16**
- ⇒ **23 / 23X**
- ⇒ **69**
- ⇒ **700 / N700 / 701**

1: Safeguarding and Promoting Children's Welfare

⇒ 743

Shakespeare Road (Worthing)

Bus routes stopping here:

⇒ 7

⇒ 9

⇒ 10

⇒ 701

⇒ 743