Clybiau Llywodraethwyr a Chylch Chwarae
Gresffordd Gresford
Governors' Clubs and Playgroup

Health & Hygiene Policy

Equality Act Impact Assessment	YES	NO	Ionawr 2025
Last Review Date	May 2026		
Date to be reviewed	May 2027		
Date Adopted by Management Committee	10.06.2026		
Responsible Individual - Mr Richard Hatwood			
Chair of Management Committee – Mrs Jan MacDonald			

1. **Introduction**

It is the policy of GGCP to promote a healthy lifestyle and a high standard of hygiene in our day-to-day work with children and adults.

2. **We do this by:**

- Developing and maintaining professional links with (*local, regional, national - describe)* healthcare professionals and information services to obtain relevant and current professional knowledge and practice

- Following the guidance in the *All Wales Guidance for Infection Prevention and Control for Childcare Settings (0 – 5 years)*
- Meeting requirements made by the Food Standards Agency – we have achieved Grade 5 in our kitchen
- Providing opportunities for parents to discuss health issues with staff when their child starts attending or at any time during operational hours, either informally or formally
- Providing training opportunities for staff in first aid and food preparation safety that meet or exceed regulatory requirements
- Using domestic-strength only cleaning fluids and storing them safely in line with our risk assessment
- Operating an effective policy about children who are ill and have infectious illnesses
- Providing opportunities and activities in day-to-day practice that encourage children in our care to discuss and learn about the benefits of healthy lifestyle choices
- Maintaining an ethos that encourages and enables staff members to model healthy lifestyle choices
- Providing food and snacks that are healthy and wholesome, promoting and extending the children's understanding of a healthy and varied diet
- Planning all meals and snacks in advance, taking account of all dietary requirements including those for medical, cultural, religious reasons and parental choice. https://www.publichealth.hscni.net/sites/default/files/FaithsPosterA2.pdf
- Encouraging children to become independent in dealing with their personal needs
- Maintaining a safe and healthy approach for animals we care for and children's involvement.

The following procedures are in place to limit the spread of infection:

- A box of tissues is available for children to blow and wipe their noses as necessary. Soiled tissues are disposed of hygienically and anti-bacterial gel is available for staff use in each room
- Children are encouraged to shield their mouths when coughing and sneezing
- Toilet facilities meet or exceed regulatory requirements and potties, trainer seats for toilets, steps, nappy changing facilities and disposable nappies are available as needed
- Hands are washed after using the toilet and before handling food
- Individual hand drying facilities are provided and disposal of paper towels is appropriate
- Arrangements for changing and disposal of nappies / soiled clothes meet environmental health requirements (contractual nappy disposal takes place regularly from the setting)
- Staff wear disposable aprons and gloves (which are disposed of appropriately) when changing children
- Staff and any volunteers are aware of how infections are transmitted, and training is provided to deal with spillages and bodily fluids
- Personal items such as toothbrushes and face cloths are not shared
- Children who have pierced ears do not try on or share each other's earrings
- Children with head lice are not excluded; advice about treatment for the whole family is given to all parents
- Tables and work surfaces are cleaned and wiped with an antibacterial product before meals and prior to cooking activities
- Disposable latex gloves and aprons are always used when cleaning spills of body fluids
- Any spillage of blood, vomit or excrement is wiped up and flushed down the toilet and the surface disinfected.
- Any fabric contaminated with body fluids are washed in hot water (minimum temperature 60 degrees)
- Spare clothing is available in case of accidents. Plastic bags are available in which to wrap soiled garments.

3. **Food hygiene –** see also our food, drinks and healthy eating policy and procedure
   GGCP ensures the practice of storing, preparing and serving food meets (or exceeds) regulations for a food provider.

4. **We do this by:**

- Requiring identified members of staff to attend food hygiene training

- Meeting requirements set by the Food Standards Agency

Food as an activity - When cooking or handling food as an activity GGCP takes full account of the above.

5. Toileting:

- Children who are in nappies are checked regularly and changed immediately if required
- Children have access to toilet facilities at all times. Where appropriate children's seats, potties, steps, etc are available. Help and assistance is given where needed
- Independence is encouraged and privacy is respected
- Children are accompanied to the toilet as soon as they indicate their need
- Personal care is delivered only by fully DBS checked members of staff
- Children are taught good hygiene practice in relation to their own personal care as they grow to independence
- Warm water and soap are available for children to wash their hands
- Water temperature is controlled
- Toilets, potties, etc are checked regularly and cleaned/disinfected daily (or according to need)
- Changing mats and related equipment are disinfected after each use.

6. **Illness** (see admissions and medication policies):

- Parents are asked to keep their children at home if they have any infection
- Parents are asked to inform the provision about any infection so that prompt attention can be given to other children who may appear unwell
- Information about exclusion periods for the more common communicable diseases is made available to parents: https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities/children-and-young-people-settings-tools-and-resources
- Parents of a child who has been vomiting or had diarrhoea are asked not to bring their child in to the provision until at least 48 hours has elapsed since the last attack
- Parents are informed of any outbreak of a significant infectious disease within the provision (in a confidential manner)
- Members of staff whose children are unwell are not permitted to bring their child to the provision.
- All minor injuries, such as cuts or open sores, are covered.
- Medical plasters (Hypoallergenic) are used as part of standard First Aid procedures.
- GGCP's designated first aider ensures that the first aid equipment is kept clean, replenished and replaced as necessary.

7. Outdoor play and sun safety:

- Children have the opportunity to play in the fresh air throughout the year, either in *(name of provision)*'s own outside area or on outings to parks or other community play spaces.
- A risk assessment of the outside area is carried out prior to children's use at each session.
- Appropriate clothing is worn for all outdoor activities/weather (including sunhats/wet weather clothes)
- Outdoor activities are arranged to avoid sun around midday.
- Parents are asked to supply high factor sun lotion (in the original container) for use by their child and give written consent for staff to apply it.
- Sheltered places are available for use outdoors during sunny days.