



SIMPLY PENDOYLAN

HEALTH, HYGIENE, INFECTION CONTROL AND ILLNESS EXCLUSION POLICY

Policy Statement

The Club is committed to promoting a safe, healthy and hygienic environment for all children, staff, volunteers and visitors. We recognise our responsibilities under the Child Minding and Day Care (Wales) Regulations, National Minimum Standards and guidance issued by Care Inspectorate Wales (CIW), Public Health Wales and the Health and Safety Executive. The Club will take all reasonable steps to prevent the spread of infection and communicable illness and ensure that appropriate action is taken when a child or adult becomes unwell.

HYGIENE AND INFECTION PREVENTION

All staff and volunteers receive induction and ongoing training in:

- Infection prevention and control
- Hand hygiene
- Safe cleaning procedures
- Food hygiene
- Managing bodily fluids
- Exclusion procedures for illness

The Club follows current Public Health Wales and Welsh Government guidance regarding infection prevention and control within childcare settings.

Hand Hygiene

Staff encourage children to maintain good personal hygiene practices including:

- Washing hands after using the toilet
- Washing hands before eating or handling food
- Washing hands after outdoor play, messy play, gardening or handling animals
- Washing hands after coughing, sneezing or blowing noses

Handwashing facilities are available at all times and include:

- Running warm water
- Liquid soap
- Disposable paper towels or hand dryers

Children are supervised and supported according to their age and stage of development.

Respiratory Hygiene

Children and staff are encouraged to:

- Catch coughs and sneezes in tissues

- Dispose of tissues immediately into a covered bin
- Wash hands after coughing or sneezing.

Cleaning and Environmental Hygiene

The premises, furniture, toilets, kitchen areas and equipment are cleaned regularly and recorded where appropriate.

High-contact surfaces including:

- Door handles
- Light switches
- Toilet flushes
- Taps
- Tables
- are cleaned and disinfected frequently throughout the day.

Toys and resources are cleaned routinely and immediately if contaminated.

Soft furnishings and dressing-up clothes are cleaned regularly.

Cleaning products are stored securely and out of reach of children.

Bodily Fluids

Disposable gloves and aprons are available and used when dealing with:

- Blood
- Vomit
- Urine
- Faeces
- Other bodily fluids

Contaminated areas are cleaned immediately using appropriate disinfectant products in accordance with infection control guidance.

Any contaminated clothing is double-bagged and returned to parents/carers.

Food Hygiene

Staff involved in food preparation hold an appropriate food hygiene qualification and follow current food safety regulations.

Kitchen areas, utensils and food preparation surfaces are cleaned and disinfected before and after use.

The Club ensures:

- Safe food storage
- Correct fridge/freezer temperatures
- Daily temperature monitoring records
- Appropriate waste disposal procedures

HEALTH CARE

The Club promotes children's health and wellbeing through:

- Access to outdoor play
- Physical activity opportunities
- Healthy eating practices
- Hygiene education
- Emotional wellbeing support

Parents/carers must provide details of:

- Medical conditions
- Allergies
- Dietary requirements
- Additional health needs
- Emergency contact details

This information must be updated whenever changes occur.

Written parental consent for emergency medical treatment is obtained during registration.

FIRST AID

The Club maintains appropriately stocked first aid kits in accessible locations which are inaccessible to children.

At least one person with a current paediatric first aid qualification will be present at all times when children are attending.

First aid certificates are renewed in line with current requirements.

The designated person responsible for maintaining first aid supplies is: **Amanda Baker**

This includes:

- Checking stock regularly
- Replacing used items
- Monitoring expiry dates
- Ensuring sterile packaging remains intact

All accidents, injuries and first aid treatment are recorded and shared with parents/carers.

CHILDREN WHO ARE UNWELL

Children who are unwell should not attend the Club.

Parents/carers must inform the Club as soon as possible if their child is absent due to illness or infectious disease.

The Club reserves the right to refuse admission to any child or adult who:

- Is suffering from an infectious or communicable illness
- Has a high temperature
- Has diarrhoea or vomiting
- Is unable to participate comfortably in normal activities
- Requires one-to-one medical care beyond the Club's staffing capacity

If a child becomes unwell whilst attending the Club:

- Parents/carers will be contacted immediately
- The child will be supervised in a quiet, comfortable area
- Infection control measures will be followed
- The child's condition will be monitored continuously

Medication will only be administered in accordance with the Club's Administering Medication Policy and with prior parental consent.

If emergency medical treatment is required:

- Emergency services will be contacted immediately
- Parents/carers will be informed
- A member of staff will accompany the child if necessary
- Relevant medical and emergency contact information will be taken to hospital

The Club will notify CIW and other relevant agencies of any serious incident where required.

INFECTIOUS ILLNESSES

The Club follows current Public Health Wales and UK Health Security Agency guidance regarding exclusion periods and infection control.

Parents/carers must notify the Club immediately if their child:

- Develops an infectious illness
- Has been diagnosed with a communicable disease
- Has been exposed to a notifiable infection

Where appropriate, the Club will inform other parents/carers of possible exposure whilst maintaining confidentiality.

Enhanced cleaning procedures will be implemented during outbreaks of infectious illness.

The Club may seek advice from:

- Public Health Wales
- NHS services
- CIW
- Local authority environmental health teams

EXCLUSION PERIODS

The following minimum exclusion periods apply unless medical advice states otherwise.

Illness	Minimum Exclusion Period
Chickenpox	Until all spots are crusted over
Conjunctivitis	Until treatment commenced and symptoms improving
Diarrhoea and/or vomiting	48 hours after last episode
Hand, Foot and Mouth	Until child is well enough to attend
Impetigo	Until lesions healed or 48 hours after antibiotics
Measles	4 days from onset of rash
Mumps	5 days after swelling appears
Scarlet Fever	24 hours after starting antibiotics
Scabies	After first treatment completed
Whooping Cough	48 hours after antibiotics or 21 days from onset
Influenza/Flu	Until recovered
Tonsillitis	Until well enough to attend
Covid-19	Follow current NHS/Public Health Wales guidance

The Club may require children to remain at home longer if they are not well enough to participate safely in normal activities.

RECORDING AND REPORTING

The Club maintains records of:

- Accidents
- Injuries
- Medication administration
- Infectious illness outbreaks
- Cleaning schedules
- Fridge/freezer temperature checks

The Responsible Individual/Person in Charge will ensure reporting requirements are met under:

- RIDDOR
- Health and Safety legislation
- CIW notification requirements
- Safeguarding procedures where applicable

MONITORING AND REVIEW

This policy will be reviewed:

- Annually
- Following changes in legislation or guidance
- Following serious incidents or outbreaks
- Following CIW recommendations

REFERENCES

- [Care Inspectorate Wales](#)
- [Public Health Wales](#)
- [Welsh Government Infection Prevention Guidance](#)
- [UKHSA Infection Control Guidance for Childcare Settings](#)
- [Health and Safety Executive](#)