



## *Sun Safety for Child Care Programs Model Policy*

### Rationale and Standards

One bad sunburn in childhood doubles the risk of skin cancer later in life. Children's skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they are outdoors. The risk for skin cancer can be greatly reduced when certain precautions are practiced. This model policy aligns with the Sun Safety Standard 3.4.5.1 of the [National Health and Safety Performance Standards Guidelines for Early Care and Education Programs](#).

### Policy Components

The first step to creating an environment that supports UV protection is to utilize this model policy in its entirety or adapt this model policy to support the needs of the program.

(Program Name) is committed to ensuring that all children and staff are protected from skin damage caused by the harmful UVB and UVA rays of the sun.

(Program Name) (requires, encourages) the following sun safety guidelines be implemented for all staff and children.

1. Limit sun exposure between 10 AM and 4 PM, when UV rays are strongest. The availability of shade will be considered when planning excursions and outdoor activities during these times.
2. Monitor the heat index and schedule outdoor activities accordingly. Staff and children will be watched carefully for heat-related illnesses.
3. Staff and children will wear sun-protective clothing and equipment, when outside, that includes:
  - a. a hat with a wide brim that protects the face, neck and ears
  - b. child safe, shatter resistant sunglasses with 100% UVA & UVB protection
  - c. sun-protective clothing (i.e., tightly woven, loose-fitting, full length, light-colored and light-weight) when temperatures are reasonable
4. Apply broad spectrum, water resistant SPF 30 or higher sunscreen to all exposed areas and rub in well – especially the face (avoiding the eye area), nose, ears, feet and hands and rubbed in well – 30 minutes before exposure to the sun and every two hours while in the sun. If playing in water, reapplication will be needed more frequently. If the skin is broken or an allergic reaction is observed, staff will discontinue use and notify the parent/guardian. (An order from a health care provider for sun screen application is required in addition to parental consent for children under the age of six months.)

5. Staff will keep infants younger than six months of age out of direct sunlight (natural shade, umbrella, stroller canopy, etc).
6. Provide sufficient areas of shade on the outdoor play area and encourage children to seek shaded areas for outdoor activities.
7. Staff will offer water frequently for children before and during prolonged outdoor physical activities in warm weather.
8. Train staff on sun safety guidelines, proper sunscreen application and ensure proper protocols are implemented for skin allergies.
9. New staff will be orientated to this policy at the time of hire.
10. The Sun Safety Policy will be reinforced in positive ways by staff (i.e. through parent newsletters, staff memos, bulletin boards and meetings). Signage will be posted that reminds staff, parents and children to practice sun safety. Skin cancer education and ways to protect the skin from the UV rays of the sun will be incorporated into the program's curriculum. Staff and parents will be provided with educational materials and resources on sun safety practices.

When enrolling their child in (Program Name), parents/guardians will:

1. Receive the program's Sun Safety Policy.
2. Be asked to provide a suitable hat, sunglasses and sunscreen (non-expired, broad spectrum, water resistant, SPF 30 or higher) for their child's use when outdoors in the care setting.
3. Be required to complete and sign the Parent/Guardian's Permission to Apply Sunscreen Form (see page 4) and it shall remain on file at the program. This form will be updated (annually, with each new bottle of sunscreen provided). A written order from a health care provider is required if parents request sunscreen be applied to their infant under six months of age.
4. Be encouraged to model sun safe behaviors themselves and practice these guidelines with children when not at the child care program.

### **Contact Regarding Policy**

Contact (Program Representative) with questions or concerns about the policy.

**Effective Date:** The policy is effective (date).

### **Policy Monitoring and Review**

(Program Name) will evaluate and revise this policy on an annual basis.

**Review Date:** The policy will be reviewed (date).

## Resources

**Centers for Disease Prevention and Control:**

[https://www.cdc.gov/cancer/skin/basic\\_info/children.htm](https://www.cdc.gov/cancer/skin/basic_info/children.htm)

**American Academy of Pediatrics:**

<http://pediatrics.aappublications.org/content/pediatrics/early/2011/02/28/peds.2010-3501.full.pdf>

**SD Department of Social Services:** <https://dss.sd.gov/childcare>

**SD Department of Health:**

The SD DOH provides UV protection grants to support policy and sun safe behavior implementation. Grants are typically released in February and can be found at [cancersd.com](http://cancersd.com). For more information, contact [info@cancersd.com](mailto:info@cancersd.com).

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## Parent/Guardian's Permission to Apply Sunscreen to his/her Child Form

Name of Child: \_\_\_\_\_  
(last, first)

As the parent/guardian of the above child, I recognize that too much exposure to UV rays may increase my child's risk of getting skin cancer someday. Therefore, I give permission for the staff at:

\_\_\_\_\_  
(name of child care program)

to apply a sunscreen product that is broad spectrum with SPF 30 or higher to my child, as specified below, when he/she will be playing outside, especially during the months of March through October and between the daily time of 10 a.m. and 4 p.m.

I understand that sunscreen may be applied to exposed skin, including but not limited to the face (except eyelids), tops of ears, nose, bare shoulders, arms and legs.

I have checked and initialed below all applicable information regarding the child care program's choice in brand/type and use of sunscreen for my child:

- \_\_\_ I do not know of any allergies my child has to sunscreen.
- \_\_\_ My child is allergic to some sunscreens. Please use ONLY the following brand(s)/type(s) of sunscreen:  
\_\_\_\_\_  
\_\_\_\_\_
- \_\_\_ I have provided the following brand/type of sunscreen for use for my child:  
\_\_\_\_\_  
\_\_\_\_\_
- \_\_\_ Staff may use the sunscreen of the program's choice following the directions and recommendations printed on the product container.
- \_\_\_ For medical or other reasons, please do NOT apply sunscreen to the following areas of my child's body: \_\_\_\_\_
- \_\_\_ A health care provider order for sun screen application is included for my infant under the age of six months.

Parent/Guardian's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian's Signature: \_\_\_\_\_

Health Care Provider's Signature (optional): \_\_\_\_\_

**NOTE: DO NOT RELY ON SUNSCREEN ALONE TO PROTECT CHILDREN FROM SKIN CANCER!**