

Sample Sun Safety Policy for Child Care Facilities

ABC child care facility

Policy

ABC child care facility has implemented a sun safety policy to ensure that all children and staff are protected from skin damage caused by over exposure to sun's ultraviolet (UV) rays.

Education

This policy will be reviewed by staff on an annual basis.

New staff will be orientated to this policy at the time of hire.

Information about sun safety will be given to staff and parents through newsletters, emails, notice boards, and meetings.

Child care programming will include activities that will educate children about protecting their skin from the sun, in order to keep it healthy.

Sun Safety Tips

- Check the daily UV index before outdoor activities
- Limit sun exposure between 11 a.m. and 3 p.m. Schedule outdoor activities before and after these peak times of sun exposure as sunburns can occur quickly. The availability of shade will be considered when planning excursions and outdoor activities
- Children will be encouraged to seek or create shade (for example: play under trees, or use umbrellas)
- The ABC child care administration will ensure there are sufficient number of shelters and trees that provide shade on the centre's grounds
- Parents will be required to provide a wide-brimmed hat or a baseball cap with flaps that cover the head, neck and ears for their child with their name on, that will remain at the centre at all times
- Parents will be encouraged to provide sunglasses for their children. A close fitting/wrap-around sunglasses with UV 400 or 100% UV protection is recommended. Children and babies sunglasses should be unbreakable
- Babies under 1 year of age will be kept out of direct sunlight. Sunscreen may be used on babies over six months of age; avoid the mouth and eye areas
- Parents will be required to provide broad-spectrum and water-resistant sunscreen with an SPF 30 or more for their child at the child care facility. A permission form will be signed by each parent that allows the child care

staff to apply the sunscreen as necessary. Sunscreen is to be re-applied when needed especially after water activities, swimming, sweating or toweling

Staff will act as role models by:

- ☀ wearing appropriate hats and clothing outdoors;
- ☀ using SPF 30 or more sunscreen, and lip balm for skin protection;
- ☀ seeking shade whenever possible; and
- ☀ wearing sunglasses with UV 400 or 100% UV protection

When enrolling their child, *parents* will be:

- ☀ informed of the sun safety policy;
- ☀ asked to provide a suitable hat for their child's use;
- ☀ encouraged to provide UV-protective clothing for their children to wear while outside. This includes loose-fitting, long-sleeved shirts and long pants;
- ☀ asked to provide broad-spectrum and water-resistant sunscreen with an SPF 30 or more
- ☀ required to give permission for staff to administer sunscreen; and
- ☀ encouraged to practice and demonstrate sun safety behaviours themselves.

Revised March 30, 2017