



SUN PROTECTION POLICY

August 2012

Rationale

Excessive exposure to ultraviolet radiation (UVR) from the sun causes sunburn, skin damage and increases the risk of skin cancer.

Aim

North Shore Playcentre Association's Sun Protection policy has been developed to ensure that all children and adults are protected from damaging levels of UVR from the sun.

Sun Protection Policy:

During daylight savings months, and whenever the UV Index levels are 3 and above the centre will use a combination of sun protection measures.

1. Shade

The centre shall provide shaded areas sufficient for all children playing outside.

Outdoor play activities should be set up in areas of shade.

Children who do not have appropriate hats or outdoor clothing are guided to play in the shade or indoors.

The availability of shade will be considered when planning excursions and outdoor activities.

2. Skin Protection:

Clothing - Parents are encouraged to provide children with loose fitting clothing that covers as much skin as possible. Tops with elbow length sleeves, collars and knee length or longer style shorts/skirts are recommended.

Hats - Children are encouraged to wear hats that protect their face, neck and ears, i.e. legionnaire, broad-brimmed or deep crown bucket hat. It is recommended that the centre provide spare hats for children to use – which will be washed between use.

Sunscreen - Parents are requested to apply sunscreen to their children before attending the session.

Water resistant SPF 30+, broad spectrum sunscreen should be provided for adult and children's use during session.

Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours. It must not be used to extend time outside.

3. Role Modelling

Adults act as role models by wearing sun protective hats and clothing, applying SPF 30+ broad spectrum sunscreen, and seeking shade whenever possible

When enrolling their child, families are:

- Informed of the North Shore Playcentre Association sun protection policy.
- Asked to ensure their child wears sun protective clothing and a suitable hat.
- Asked to apply SPF 30+, broad spectrum, water-resistant sunscreen to their child before session begins.
- Required to give/not give consent for the duty team to apply sunscreen to their child during session.
- Encouraged to practice SunSmart behaviours themselves when at Playcentre.

Sharing Information about Sun Protection

Children will be taught the need to follow sun protection measures as a preventative to sunburn.

Families will be reminded of Sun protection strategies through centre communications.

For further information about sun protection, please contact your [local Cancer Society](#) or email Cancer Society at: admin@cancer.org.nz:

Relevant Regulations:

Education (Early Childhood Services) Regulations 2008

Licensing Criteria for Early Childhood Education and Care Centres 2008

Health and Safety Guidelines for Early Childhood Centres (9.4)

Date Approved: August 2012 Association Meeting

Review Date: (on a biannual basis)