

EMPOWER



the Sun and Have More Fun: Be SunWise!

!!You can make the difference!!

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Special Thanks to the Empower Team and Office of Childcare Licensure for their unfaltering commitment to SunWise protection for all Arizonans



Empower Standard 2

Facilities develop and **implement** a written policy for appropriate “sun safety” practices

(psst, we’ve already done it for you)

Protects children and staff from overexposure to the sun at any outdoor and physical-activity session by:

- Following age-specific sun precautions according to Table 1 (in your Empower packet)
- Checking the intensity of the sun’s rays with UV Index
- Limiting exposure during peak UV hours (10 a.m.-4 p.m.)
- Encouraging staff to protect their own skin and children’s with: sunscreen, lipbalm, hats, clothing and shade
- Checking with the child’s family before applying sunscreen
- Encouraging the child’s family to apply sunscreen before arriving at your site

It’s simple: remember midday sun = limit exposure

It’s common sense: wear hat, sunscreen, shade, clothing, lipbalm = reduce skin cancer

www.azdhs.gov/empowerpack www.azdhs.gov/phs/sunwise

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Sample Policy #1:

A policy can be one page long. Introduction (showing commitment):

The (name of child care facility) is committed to protecting the health and safety of students and staff. While we like to provide opportunities for outdoor physical activity, we also want to make it sun-safe. Well-defined research has documented a multitude of negative health conditions from overexposure to the sun.

(Name of child care facility) Policy:

The (name of child care facility) agrees to follow the precautions below for all outdoor activities:

Staff will follow the age-specific recommendations, as described (in Table 1 under the Sun Safety Standard, when planning outdoor activities).

Staff is encouraged to protect the children's and their own skin with:
Sunscreen, lip balm, hats, light clothing and shade.

Limiting exposure during peak UV times, from 10 a.m. to 4 p.m.

Regularly checking the UV Index to monitor the intensity of the sun's rays and plan for outdoor activities accordingly. Visit www.azdhs.gov/phs/sunwise to see your UV Index. Information on sun safety (in English and Spanish) will be available to the families at least once per year. Visit www.azdhs.gov/phs/sunwise 24 hours a day to access sun safety tips



Sample Policy #2



(Name of child care facility) Policy:

We at *(name of child care facility)* are committed to our children's health and protecting children from the sun's rays during outdoor activities. In keeping with this philosophy, our facility will:

Ask the child's family to apply sunscreen prior to arriving at child care facility.

Ask the child's family to provide a hat, sunglasses, and/or long sleeve clothing for their child that staff will put on the child when outdoors.

Check with the child's family before applying sunscreen.

Provide shade during outdoor activities.

Protect children and staff by limiting outdoor activities that would involve direct sun exposure to skin between the hours of 10 a.m. and 4 p.m., when the UV rays are at the highest level by utilizing indoor activity areas, shaded outdoor areas, covered ramadas, umbrellas and by protecting skin with clothing, hats, sunscreen/lipbalm

Regularly check the UV Index for the intensity of the sun's rays and plan for outdoor activities guidelines in the Empower guide book on protecting infants, toddlers and older children from harmful sun rays. (see guide book)

Key word: "Sample." Feel free to "tweak the formatting to make even more specific to address your site's specific needs. For example, perhaps you provide sunscreen already or have an annual "hat day." Include it in your policy!

www.azdhs.gov/empowerpack

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Why is sun safety so important?

- Arizona is No. 2 in **the world** in skin cancer rates
- Childhood exposure key
- 1 in 5 children grow up to develop skin cancer
- Most preventable cancer, preventable! Preventable!
- Most common cancer among young women 15-29
- Men 1.5 times more likely to develop it
- Tanning bed use increases your risk by 75%
- 1 blistering sunburn in childhood doubles your risk
- A tan is not a sign of health, it's a damage response
- All licensed childcare providers required by statute to provide shaded play areas for participants
- Lawsuits, lawsuits, lawsuits





Skin cancer affects **all** skin colors

Let's see some Empowering tips
for protecting Super Staff and
Super Kids'

Super Skin & Learn a few quick
activities you can share with
everyone Monday morning!
(insert disk now!)