

SUN SAFETY

SAMPLE POLICY #1

(Name of child care facility) is dedicated to protecting the wellbeing and overall health of our children, staff members and child care providers. It is our goal to keep all outdoor activities enjoyable and fun, while keeping everyone sun safe. Scientific research has shown that there are a number of negative health effects due to sun overexposure including skin cancer and cataracts.

Policy:

(Name of child care facility) agrees to use the following safeguards for all outdoor activities:

- ★ Staff members and child care providers will follow the age and developmentally appropriate guidance provided in **Table 1** of the Empower Program Sun Safety Standard when planning outdoor activities.
- ★ Staff members and child care providers will protect the children's skin, as well as their own, by:
 - Using sunscreen and lip balm that is **SPF 15** or higher (after written permission is provided by the parent), wide brimmed hats, sunglasses, tight-knit clothing and shade.
 - Limiting the exposure to the midday sun when **UV rays** are strongest, between 10 AM and 4 PM.
 - Monitor the **UV Index** regularly at theempowerpack.org under Standard 2 to monitor the intensity of the sun's rays in order to properly plan for outdoor activities.

For more information on inclusion of children with special health care needs and disabilities, multi-age grouping, family engagement, language and cultural adaptations, and various settings including homes and center facilities related to **Standard 2: Sun Safety**, please visit the Empower website at theempowerpack.org. Click on Standard 2.

SUN SAFETY

SAMPLE POLICY #2



Here at (name of child care facility), the health and safety of our children are a primary concern. To ensure the children are protected from overexposure to the sun's rays while outdoors, we pledge to:

- ★ Ask parents to apply sunscreen to their children prior to arriving at our child care program.
- ★ Request that the child's parent provide a hat, lip balm, sunglasses, and clothing that covers child's arms and legs, such as pants and a long sleeve shirt, for outdoor activity.
- ★ Seek written permission to apply sunscreen to child while in our care.
- ★ Provide shade for outdoor activities while at our program.
- ★ Minimize outdoor activity during the midday hours of 10 AM and 4 PM when the sun's rays are the strongest.
- ★ Stay aware of **UV** ray intensity by checking the **UV** index on theempowerpack.org in order to plan outdoor activity.
- ★ Teach sun safety practices by modeling good sun safety habits.
- ★ Limit outdoor exposure for children under the age of 1, and strictly limit sun exposure for infants less than 6 months of age.
- ★ Follow sun safety policies, as they are outlined in the Empower Guidebook in accordance with child's age group.



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