

## Standard 2: Sun Safety Sample Policy #1

We at (name of child care facility) are 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.

### **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.

Information on sun safety (in English and Spanish) will be available to the families at least once per year.

## Standard 2: Sun Safety Sample Policy #2

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.
- ★ Limit outdoor activities between the hours of 10 a.m. and 4 p.m., when the UV rays are at the highest level.
- ★ Regularly check the UV Index for the intensity of the sun's rays and plan for outdoor activities accordingly.
- ★ Be a role model for sun-safe practices.
- ★ Limit sun exposure for children under 12 months old.
- ★ Follow guidelines in the Empower Guidebook on protecting infants, toddlers and older children from harmful sun rays. (see Guidebook)

Information on sun safety (in English and Spanish) will be available to the families at least once per year.