

## Sun Protection Policy

### RATIONALE:

To ensure there are processes in place for protecting children and staff from the harmful effects of excessive sun exposure.

### PRACTICE:

During the months of September to April and especially between 10-4pm (and any other days that staff assess as necessary) staff will monitor the uv index ([https://www.niwa.co.nz/static/uv-data/uv-forecast/uv-forecast\\_christchurch.png](https://www.niwa.co.nz/static/uv-data/uv-forecast/uv-forecast_christchurch.png)) and use this to guide (over protect rather than under protect) their practice with regards to hats, sunscreen and play as follows.

- If the index is 3 or above - hats and/or sunscreen will be compulsory. Sunscreen will be applied between 10 - 2pm. Teachers will remind parents/whanau to apply sunscreen as they arrive and tick the child's name on the checklist, which will be next to the sign in sheet. Sunscreen will be reapplied after lunch.
- If the index is over 10 teachers will limit the sun exposure children can have, including; requiring play time inside.
- Whanau and parents will be encouraged to dress children in loose fitting clothing that covers as much skin as possible during the hotter months of summer.
- Cancer Society policy will be used to guide/review practices.

### GENERAL

- Supply (or require parents to supply where an allergy or irritation is indicated) a sunscreen product of no less than SPF30 (but usually 50+) for children to play outside.
- Parents are to apply sunscreen to children before pre school. A notice will be put in the newsletter/FB in August/September reminding parents of this responsibility.
- Require parents to supply a named broad brimmed or deep crowned sunhat and clothing that provides appropriate protection from the sun e.g. shades the face, ears and back of neck, shoulders covered. Only tops with sleeves, no tank tops, or strappy sundresses without cover of shoulders.
- Ensure that sufficient equipment is placed in shaded areas in the outside playground.
- Children who choose not to use any form of sun protection will be asked to play inside.
- Monitor access to outdoor activities to prevent prolonged exposure to the sun.
- Promote sun safety knowledge through the centre programme.  
Cancer Society will guide practices but Kaiako will also use common sense and role model sun safe practices by wearing sunscreen and appropriate clothing and hats.
- Rotate supervision to ensure staff members are not exposed to the sun for prolonged periods of time.
- Water is available for the children to drink at all times.
- Indoor play is always available for the children to choose.

UV Index	Media graphic color	Risk of harm from unprotected sun exposure, for the average adult	Recommended protection
0-2.9	Green	"Low"	A UV Index reading of 0 to 2 means low danger from the sun's UV rays for the average person. Wear sunglasses on bright days. If you burn easily, cover up and use broad spectrum SPF 30+ sunscreen. Watch out for bright surfaces, like sand, water and snow, which reflect UV and increase exposure.
3-5.9	Yellow	"Moderate"	A UV Index reading of 3 to 5 means moderate risk of harm from unprotected sun exposure. Stay in shade near midday when the sun is strongest. If outdoors, wear protective clothing, a wide-brimmed hat, and UV-blocking sunglasses. Generously apply broad spectrum SPF 30+ sunscreen every 2 hours, even on cloudy days, and after swimming or sweating. Watch out for bright surfaces, like sand, water and snow, which reflect UV and increase exposure.
6-7.9	Orange	"High"	A UV Index reading of 6 to 7 means high risk of harm from unprotected sun exposure. Protection against skin and eye damage is needed. Reduce time in the sun between 10 a.m. and 4 p.m. If outdoors, seek shade and wear protective clothing, a wide-brimmed hat, and UV-blocking sunglasses. Generously apply broad spectrum SPF 30+ sunscreen every 2 hours, even on cloudy days, and after swimming or sweating. Watch out for bright surfaces, like sand, water and snow, which reflect UV and increase exposure.
8-10.9	Red	"Very high"	A UV Index reading of 8 to 10 means very high risk of harm from unprotected sun exposure. Take extra precautions because unprotected skin and eyes will be damaged and can burn quickly. Minimize sun exposure between 10 a.m. and 4 p.m. If outdoors, seek shade and wear protective clothing, a wide-brimmed hat, and UV-blocking sunglasses. Generously apply broad spectrum SPF 30+ sunscreen every 2 hours, even on cloudy days, and after swimming or sweating. Watch out for bright surfaces, like sand, water and snow, which reflect UV and increase exposure.
11+	Violet	"Extreme"	A UV Index reading of 11 or more means extreme risk of harm from unprotected sun exposure. Take all precautions because unprotected skin and eyes can burn in minutes. Try to avoid sun exposure between 10 a.m. and 4 p.m. If outdoors, seek shade and wear protective clothing, a wide-brimmed hat, and UV-blocking sunglasses. Generously apply broad spectrum SPF 30+ sunscreen every 2 hours, even on cloudy days, and after swimming or sweating. Watch out for bright surfaces, like sand, water and snow, which reflect UV and increase exposure.

**2 LOW**  
**Low protection required.**  
**You can safely stay outside.**

The UV Index is an international, scientific measure of the level of Ultraviolet radiation from the sun. The higher the level, the greater the risk of skin damage.

**Approved by:**

Centre Director: *Hilary Henderson*

Service Provider

Contact Person: *Aaron Donaldson*

Reviewed: November 2022

Date: November 2022

Date: November 2022

To be reviewed: November 2024

2020

1 Is this policy working?

Review was necessary as UV levels were out of date.

2 Does it match our practice?

Discussion was held at staff meeting to ensure all teachers were clear as to practice

3 Is it supported by research?

Cancer Society Sun Protection for early childhood centres used for reference and research

## Parent feedback