

## SUN PROTECTION

### Purpose:

At Treetops Early Learning Centre we believe that the wellbeing and safety of the children within our care is paramount to their holistic development. Exposure to ultraviolet rays is potentially harmful, we therefore follow these procedures to ensure safe play spaces and precautions are taken.

*“The cancer society recognises that a balance is required between avoiding an increase in the risk of skin cancer and getting enough sun exposure for children to maintain adequate vitamin D levels, particularly in the winter months. Between May and August the UVI is **3 or under** in most parts of New Zealand, especially in the south, so it is recommended that children do **NOT** wear hats, sunscreen or play in the shade during the winter months, encouraging children to actively enjoy the sun.”*

### Procedures:

All children are required to wear a sunhat during the months of daylight saving. It is recommended that children wear hats that protect their face, neck and ears i.e. legionnaire, broad – brimmed hat.

- Staff will apply sunscreen at least 20 minutes prior to accessing the outdoors and reapply every two hours (parent / guardian consent required.) A sunscreen register will be documented daily to ensure sunscreen has been applied.
- Sunscreen must be at least SPF30. Where children will be playing with water – the sunscreen should be water resistant.
- All staff must role model sun safety by wearing their own sun hat and sunglasses whilst outside: and applying sunscreen regularly.
- Staff will take opportunities to educate children about sun safety.
- Where possible activities will be placed in shaded areas during the summer months. Shade availability and sun safe practices such as hydration, hats and sunscreen must be considered when planning outdoor excursions.
- Parents / guardians are asked to bring children in clothing which covers as much skin as possible
- Staff must take all reasonable steps to ensure that ground surfaces and other areas such as sandpits, soft fall, matting outside surfaces are not too hot for children to walk and crawl on.

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**References:** *The Cancer Society of New Zealand (2012). Why Early Childhood Centres need Sun Protection Policies.*

