

Sun safety

.Guidance

- Sun protection should be used whenever **UV levels are 3 or higher**. For most parts of New Zealand this is between September and April, especially between 10am and 4pm. UV levels can be high on cool or cloudy days, so temperature is not a good indicator for deciding to use sun protection. We will check the UV levels in our area, by downloading the free UVNZ app for [iPhone](#) or [Android](#).
- We follow the policy while children are at the Centre and on outings.

What parents need to do

- Apply sunscreen to your child's skin either before, or when, you arrive at the Centre. The Centre has sunscreen you can use in a container next to the sign-in sheet. If your child is allergic to our sunscreen you'll need to give us another sunscreen (in a named bottle) that we can use.
- Provide a named sun hat. This hat must protect the child's face and neck.
- Dress your child in clothes that cover and protect their shoulders, chests, and backs. For example, they should wear t-shirts, not sleeveless tops.
- Encourage your child to wear sunglasses.

What staff need to do

- Promote our sun protection policy.
- Protect children from harmful sun radiation during outdoor activities by using:
 - Shade, hats and clothing. The service provides spare sunhats for children to use if necessary.
 - sunscreen (or another sunscreen supplied by a parent). A water-resistant, broad spectrum sunscreen with an SPF of 30 and above that meets the Australian and NZ standard (AS 2604), is available for staff and children's use. Use a cream, lotion or gel sunscreen if possible. Aerosol sunscreens are not as effective, as it is difficult to ensure enough sunscreen is applied evenly to the skin.

- Model 'sun-smart' behaviour. Always use sunscreen yourself and wear sun hats and protective clothing outside on 'sun-unsafe' days.
- Drinking water will be available for tamariki and kaiako at all times and they will be reminded and encouraged to hydrate themselves throughout the day.

Water play will be provided to keep tamariki cool throughout the day.

Applying sunscreen

- Apply sunscreen generously to children's faces (including back of the neck and ears) and exposed limbs.
- Reapply sunscreen after lunch at around 1pm on a 'sun-unsafe' day. The New Zealand Cancer Society advises that sunscreen works best if it's applied about 15–30 minutes before going out in the sun. Stamp each child's hand again to show you've reapplied sunscreen.
- Reapply sunscreen to children at any time during the day as necessary.
- The Beehive will respect the right of any parents/caregivers/ whānau who do not wish their child to use sunblock. These children will be encouraged to play in shaded areas and a written letter provided by the parents/caregivers/whānau is required.

Shade

- Management makes sure there are shelters, such as trees and other shade areas providing enough coverage for all children playing outside.
- The availability of shade is considered when planning outdoor activities at the centre and outdoor excursions.
- Children are encouraged to use available areas of shade when outside.
- For the purposes of outdoor congregation, such as ceremonies or gatherings, children and staff are required to utilise shaded areas where appropriate.
- Children who do not have appropriate hats or outdoor clothing are required to play in the shade or indoors

Sharing SunSmart information and skills

The children learn about the harmful effects of UV radiation and sun protection through learning programmes. The programme may utilise free curriculum resources from the Cancer Society:

<http://sunsmartschools.co.nz/teachers.html>

The sun protection policy is reinforced through staff and children's activities and displays.

Educators are aware of the Cancer Society's free online professional development SunSmart module: <https://bit.ly/3j7M4ID> and free SunSmart resources www.cancernz.org.nz/reducing-cancer-risk/what-you-can-do/sunsmart/

Staff and families are provided with information on this policy and sun protection at enrolment and through family newsletters, apps and notice boards.

Approval Date: March 2022

Review Date: June 2023