



Sun Safety Policy

All information for this policy aligns with the [Government of Alberta Health Website](#).

It is the policy of the YMCA of Northern Alberta to protect the well-being of the children in its care. Prolonged exposure to the sun can cause sunburns and skin cancer. It is important to wear sunscreen, along with other sun protective measures, to protect yourself from the sun's harmful ultraviolet (UV) rays. Sunscreen application will commence when the weather is warm enough for children to wear t-shirts and shorts. It will end when the weather is cold enough that children attend in long sleeves and pants. During this period of time parents/guardians are expected to provide their children with a hat for additional protection, along with a water bottle.

In the spring, parents/guardians are asked to provide one, labelled bottle of sunscreen. Sunscreen must be in its original container with manufacture's label, be SPF 30 or greater, say "broad-spectrum" that protects the skin from ultraviolet A and B (UVA and UVB) rays, and Educators must be able to apply it in accordance with this policy.

Parents/Guardians may also choose not to allow their child to have any sunscreen applied to them. In this case the parent/guardian would have to sign a release of liability form. If chosen, outdoor play would be monitored and limited for children not wearing sunscreen at a centre day where the UV is Low, Moderate or High (7 or less). **Sunscreen is mandatory for outdoor programming when the UV is considered Very High or Extreme (8 or above) and will also be mandatory for outdoor excursions where the UV is Moderate or higher (3 or above).** As there are scheduled outdoor periods each day, families will be contacted to pick up their child immediately should scheduled outdoor periods be effected by these high risk factors. When a preplanned outing is scheduled parents or guardians will be responsible to find alternative care options in advance.

Sunscreen Application

YMCA educators will ensure children are wearing sunscreen with a SPF of 30 or higher. Sunscreen application will be monitored following the procedures below:

- Educators must read the label and follow all directions, including restrictions for use on children (if applicable) and the maximum number of applications allowed per day.
- When Educators are applying a child's own sunscreen, the Educator will confirm the label with the child's name prior to application.
- If both sun screen and insect repellent are being applied the sunscreen must be applied first and the insect repellent is to be applied afterwards in accordance with our insect repellent policy.
- Families will inform the program of any potential skin sensitivities to sunscreen or chemical sensitivities and provide appropriate sunscreen. Educators will be aware of these and prevent exposing the child to products that irritate them
- If an Educator suspects the child is having a reaction to the sunscreen, immediately wash the treated area and contact the parents/guardians so they can seek medical attention.
- Children in Infant, Toddler Preschool or Kindercare will have an educator apply sunscreen to their body. Children that are enrolled in grade 1 or higher will be given the option to apply their sunscreen themselves. This is to occur, at all ages, under the supervision of an educator, who will



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sign off that each child has appropriately applied their sunscreen (covering exposed skin, including hard to reach areas such as the back of neck, arms, back etc). Educators will be available to assist in the application of sunscreen where needed.

- Inside applications should be by lotion or pump. A specified area with a small rug or mat should be used as the application area to minimize damage to the facility
- Educators will wash hands prior to sunscreen application. After each application of sunscreen. If there are any signs of cuts, or skin irritation on child then educator will wear gloves while applying sun screen. As an alternative, should soap and water be unavailable, gloves will be worn and changed between each application.
- During application, where possible, children will turn their face away from staff.
- Sunscreen will initially be applied to children at least 15 minutes prior to going outside, where possible
- Sunscreen will be reapplied each two hours when the UV index is rated moderate 3-7 and children are not playing in the water
- Sunscreen will be reapplied each hour when the UV index is very high (8-10) and/or when the children are playing in and out of water.
- When there is an Extreme UV Rating of 11+ the YMCA will limit outside time and there will be no outdoor play between 11-4 pm
- UV ratings will be taken from [Environment Canada's UV Index](#)
- Families are required to send an extra shirt for water play ensuring children have extra protection.
- Educators will document application of sunscreen (Daily Sign Off Sheet)
- The sunscreen that the center uses will have to have an MSDS sheet on site.