

## **Saraland City School System Sunscreen Use at School Policy and Recommendations**

Students will be allowed to possess and use federal Food and Drug Administration regulated over-the-counter sunscreen at school and at school-based events. Any student, parent, or guardian requesting a school board employee to apply sunscreen to a student shall present the nurse a Parent Prescriber Authorization Form. The student, parent, or guardian are responsible for providing sunscreen.

Sunscreen must be: 1) safe for the age of a particular child; 2) in the original container; and 3) within the expiration date noted on the product 4) properly labeled and with the child's full name.

Aerosols, as well as, **combined** sunscreen and insect repellents **are prohibited**.

Sunscreens with chemicals like Oxybenzone are not recommended. Zinc Oxide or Titanium Dioxide are preferred chemical agents for sunscreen products.

Sunscreen/sunblock must provide a broad spectrum coverage (UVB and UVA protection) with an SPF of 15 or greater.

Prior to use at school, sunscreen should be applied to the child at least once at home to test for any allergic reaction.

A Prescriber/Parent Authorization Form signed by the parent/guardian must be completed prior to using sunscreen. This authorization form must be updated annually.

### **Recommendations:**

Using sunscreen is just one part of a sun protection plan. Other methods to reduce exposure to the full spectrum of UV exposure includes:

1. Shade: avoiding the sun during peak times 10am-4pm, seeking shaded areas such as covered play areas or trees
2. Clothing: wearing protective clothing such as long-sleeved shirts and pants, clothes made of tightly woven fabric, clothing certified with UV factor information.
3. Hat: wide brimmed hat that shades the face, ears and the back of neck. Tightly woven fabric such as canvas. If wearing a baseball type cap, you should protect ears and the back of neck.

Sunscreen must be provided by a parent/guardian (labeled with the child's full name). The school will not stock sunscreen nor share one child's sunscreen with another student.

### **Application:**

Sunscreen should be applied 20 to 30 minutes before going outdoors to be absorbed into the skin and to increase its effectiveness. Sunscreen should be re-applied every two hours while outdoors, or more often if the child is involved in water play or perspiring.

Sunscreen should be applied only to exposed areas of skin.

School-age children may apply sunscreen to themselves with adult supervision for proper application.

Sunscreen must be applied correctly in order to be effective. An adequate amount of sunscreen for application is generally 1-2 ounces.

Reflective areas (such as water and/or sandy areas) for prolonged periods of time should be avoided.

References: [www.childrensal.org](http://www.childrensal.org)

[https://www.cdc.gov/cancer/skin/basic\\_info/sun-safety.htm](https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm)