

## CHERRY HILL PUBLIC SCHOOLS Sunscreen Self-Administration Protocol

Sunscreen is essential for effective protection from the sun's UVA and UVB rays. Students who may be exposed to the sun's rays should use sunscreen. All individuals should learn about sun protection including limiting exposure, wearing protective clothing, wearing a hat and applying sunscreen. Self-application of sunscreen under the supervision of an adult while at school when there is likely exposure is reasonable. *Sunscreen can only be applied if the student has presented a written permission/waiver of responsibility from the parent/guardian and a written order from the child's physician.* It is recommended that the sunscreen have a Sun Protection Factor (SPF) of at least 30.

### Criteria for Determining Appropriateness of Self-Application

Parent/guardian should ensure that their student is able to properly and safely apply sunscreen. Properly and safely is defined as:

- Student consistently applies the appropriate quantity of sunscreen to skin surfaces ensuring that all exposed skin surfaces are covered
- Student avoids contact with eyes
- Student washes hands after application
- Student demonstrates knowledge of not sharing or applying sunscreen to others while at school

The student performs tasks according to the age-appropriate level of development:

- **3-7 Years of age:** Requires supervision of sunscreen application
- **7- 12 Years of age:** May require supervision for sunscreen application. Can learn and be permitted to self-apply sunscreen.
- **12-18 Years of age:** Able to apply sunscreen independently but may need some support/supervision.

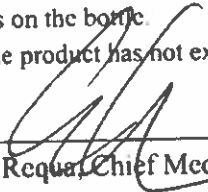
### Sunscreen Application Procedure

According to the American Academy of Dermatology

<https://www.aad.org/public/everyday-care/sun-protection/sunscreen-patients/sunscreen-faqs>

Sunscreen is safe and can protect skin against skin cancer and premature aging. Proper application is critical to the effectiveness of sunscreen. The *American Academy of Dermatology* recommends the following:

- Choosing a sunscreen that is broad spectrum (covering UVA and UVB rays), has a Sun Protection Factor (SPF) of at least 30 and is water resistant.
- Applying enough sunscreen to cover all skin that clothing will not cover. Most adults need about 1 ounce (the amount you can hold in your palm) to fully cover exposed areas.
- Apply sunscreen to dry skin 15 minutes before going outdoors. Remember to apply sunscreen to the tops of your feet, your neck, your ears and the top of your head.
- Skin cancer also can form on the lips. To protect your lips, apply a lip balm that contains sunscreen with an SPF of 30 or higher.
- When outdoors, reapply sunscreen approximately every two hours, or after swimming or sweating, according to the directions on the bottle.
- Ensure the product has not expired.

  
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Dr. Eric Requa, Chief Medical Inspector  
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