

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 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.



Dr. Eric Requa, Chief Medical Inspector
School Year: 2024/2025

Revised 5/2020

CHERRY HILL PUBLIC SCHOOLS
Sunscreen Authorization Form

Student's Name: _____

Date of Birth: _____ Grade: _____

- I will apply sunscreen to my child prior to coming to school/SACC regardless of the weather. School personnel are permitted to assist with the reapplication of sunscreen, which may include teachers and educational assistants.
- I request that my child be permitted to carry and self apply sunscreen to exposed skin.
- I recognize that a young child may need assistance and supervision with this task and grant permission to school staff to assist as needed. 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.
- My child has been instructed to not share or apply sunscreen to others while at school.
- ONLY sunscreen lotion (no spray) will be permitted at school. Sunscreen must be supplied in its original, properly labeled container.
- Signed parental permission must be updated each school year.
- Sunscreen will be provided by the parent in the original container with the student's name on it.
- I release the school district from any liability claim as a result of the application of sunscreen or non application as directed by the parent.

I have reviewed the above information:

- ☐ Yes, I give permission for my child to carry and self apply sunscreen and to have school staff assist with the reapplication, if needed.
- ☐ No, I do NOT give permission for my child to reapply sunscreen at school.

Brand of sunscreen: As provided by parent

SPF: As provided by parent

Time/Frequency: As needed

Allergies: _____

Parent/Guardian Signature: _____

Parent/Guardian Name(print): _____

Parent/Guardian Phone#: _____

Sunscreen to be reapplied as needed during the school day, SACC, ESY or during school sponsored activities.

Sunscreen will be provided by the parent and will not be shared with other students.

Dr. Eric Requa District Medical Inspector: _____

School Year: 2024-2025

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