



'LIL SAINTS SUMMER CAMP SUN PROTECTION POLICY

Given that kids are at camp during peak ultraviolet radiation (UVR) times throughout the day, between 10 am and 3 pm, camps play a major role in both minimizing a child's UVR exposure and providing an environment where policies and procedures can positively influence a child's behaviour.

Skin Damage, including skin cancer, is the result of cumulative exposure to the sun. Research shows severe sunburn contributes to skin cancer and other forms of skin damage such as sunspots, blemishes and premature ageing. Most skin damage and skin cancer is therefore preventable.

Ultraviolet radiation (UVR) levels are highest during the hours children are at camp. As children will spend a portion of their day outdoors, we are committed to protecting them from the harmful effects of the sun.

With this in mind, 'Lil Saints Summer Camp realizes the need to protect children's skin and educate them about SunSmart behaviour, thus reducing the risk of skin damage from exposure to the sun. Our policy aims to provide ongoing education that promotes personal responsibility for skin care and also provides an environment that support SunSmart practices.

This year we have asked all parents to sign a sunscreen application permission slip. If you have not already filled a form, please collect one from the Notice table and return as soon as possible.

OUR RESPONSIBILITY

- Require the use of sun block when outside
- Require the use of hats when outside (no hat means indoor play only)
- Encourage the use of swim shirts on beach days
- Reapply sun block on beach days
- Encourage SunSmart activities at camp
- Teach children how to be SunSmart
- Lead by example! Teachers and councillors will also be wearing hats and sun block

YOUR RESPONSIBILITY

- Pack sufficient water, sun block and hat EVERYDAY
- Encourage your kids to talk about sun protection and what that means
- Provide a well fitting hat for your child and ensure they wear to camp everyday
- Act as positive role models by practicing SunSmart behaviour
- Support the camp's SunSmart policy and help to design and regularly update the policy

CAMPERS WILL:

- Be aware of the camp's SunSmart policy
- Take responsibility for their own health and safety by being SunSmart
- Comply with SunSmart rules and guidelines by wearing suitable hats, clothing, sunscreen
- Apply SPF 30+ UVA/UVB sunscreen 30 minutes before going outdoors
- Use shaded or covered areas when outdoors\act as positive role models for other campers in all aspects of SunSmart behaviour

The purpose of the SunSmart policy is to ensure all children attending our program are protected from the harmful effects of the sun throughout the summer. It is our goal to arm all our young people with the knowledge needed to protect themselves from the harmful effects of the sun while still enjoying the outdoors and the summer!

As with any new policy, it can only succeed with the support of parents, teachers and campers. I know I can count on all of you to support us in protecting your children!

Karen E. Wicks

Camp Director

'Lil Saints Summer Camp