



Conservation Sudbury/ Lake Laurentian Conservation Area

SunSense Policy

Rationale: Outdoor play and physical activity are essential to children’s health and development and an integral part of school and camp programming at Lake Laurentian Conservation Area. Research indicates that childhood exposure to ultraviolet radiation (UVR) is an important contributing factor to the development of skin cancer in later life. Schools, day camps, and any activities that children participate in outdoors should all be part of a larger community contributing to the culture of sun safety for children, helping them to establish sun safe habits.

Purpose: The purpose of this policy is to build a culture of sun safety and to provide a sun safe environment for students/campers and staff at Lake Laurentian Conservation Area.

Elements of Policy:

- Collaboration
 - Sun Safety
 1. Building SunSense into routines (School visits and Camp Bitobig)
 2. Shade on the grounds
 3. Increasing Awareness (School visits and Camp Bitobig)
 - Ongoing Evaluation
-

This policy was drafted in May, 2017. It is reviewed annually.

USE SUNSENSE

Get outdoors and be sun safe

Conservation Sudbury/ Lake Laurentian Conservation Area SunSense Policy Statement

At Lake Laurentian Conservation Area, we acknowledge the importance of sun protection and want staff and students/campers to enjoy the sun safely.

Collaboration:

This policy will be implemented in collaboration with staff, students, campers, parents/guardians and visiting teachers. All will work together to achieve sun safety through:

Sun Safety:

1. Building SunSense practises into everyday routines

- ✓ Activities are held in the shade where possible, and breaks from the sun are built into outdoor activities.
- ✓ Where possible, we will schedule longer outdoor activity periods earlier in the day, before 11:00 a.m. to reduce exposure to peak UV radiation.

Clothing:

- ✓ **School visits:** Appropriate sun safe clothing will be included in the “Essentials” lists of things to bring for students of visiting school classes (hats that cover the ears, face and neck, sunglasses, long sleeved clothing)
- ✓ **Camp:** Appropriate sun safe clothing will be included the list of things for campers to bring in the Parent Information Package which is sent to families before camp (hats that cover the ears, face and neck, sunglasses, long sleeved clothing)
- ✓ When outside in sunny weather, children will be encouraged to wear the appropriate clothing – hats that cover the ears, face and neck, and sunglasses.
- ✓ Staff are encouraged to model sun safety by wearing a hat, sunscreen, sunglasses and appropriate clothing.

Sunscreen:

- ✓ **School visits:** Sunscreen will be included in the “Essentials” lists of things to bring for students of visiting school classes, with the request to have students arrive wearing sunscreen.
- ✓ **Camp:** Sunscreen will be included the list of things for campers to bring in the Parent Information Package which is sent to families before camp, with the request that campers arrive wearing sunscreen.
- ✓ All children will be made aware of the importance of wearing sunscreen with SPF 30+ during outdoor activities and reapplying sunscreen during the day.

USE SUNSENSE

Get outdoors and be sun safe



2. Shade on the grounds

- ✓ A shade audit has been completed, and shade spaces will be considered in future building and landscaping projects.
- ✓ The large tent will continue to be installed every spring to provide shade to the picnic area outside by the pond.
- ✓ Protect mature trees, which can provide shade, from beaver activity.

3. Increasing awareness about SunSense practices

- ✓ **School visits:** Sun safety practices will be included in the welcome and introduction for all school classes (informing students of UV index for the day, recommending application of sunscreen 20 min. before being out in the sun, reapplying sunscreen during the day, wearing the hat with wide brim and staying in shaded areas during free times such as lunch and snack).
- ✓ **School visits:** Sun Safe information will be passed on to visiting teachers with their post-visit follow-up packages.
- ✓ **Camp:** Each camper will have an activity to introduce them to sun safety practices on their first day of camp, followed by a craft, where they will be given a bucket hat to decorate and wear during camp. Later in the week, there will be another activity where sun safety will be reviewed, and students will make UV bracelets, and do experiments to learn more about the sun's UV rays and how to protect oneself from them.
- ✓ **Camp:** Sun safety practices will be included in the camp rules and reminders, which are sent to parents/guardians before camp begins, are posted in the Nature Chalet, and are introduced the first day of camp.
- ✓ **Camp:** Sun Safe information will be passed on to parents/guardians in the Parent Information Package which is sent to families before camp.
- ✓ **Staff:** Sun safety practices and policies will be included in staff training for all seasonal staff. Staff will also complete the Melanoma Network of Canada's Sun Aware training.

Evaluation:

The sun safety committee will review this annually. This policy was developed with the help of staff, students, campers, teachers and parents/guardians in 2017/2018 and in consultation with the Canadian Cancer Society. We will monitor our progress annually.