



## Sun Safety Policy

### ***Suffolk County Farm 4H Camps***

**Rationale:** *One bad sunburn in childhood doubles the risk of skin cancer later in life. Children's skin needs protection from the sun's harmful ultraviolet (UV) rays when they are outdoors. The risk for skin cancer can be greatly reduced when certain precautions are practiced. Therefore, Suffolk County Farm is committed to ensuring that all children and staff are protected from skin damage caused by harmful UV radiation from the sun by implementing the following sun safety policy.*

**Policy:**

*Sunscreen:*

- Parents/guardians will be encouraged to provide campers with sunscreen with SPF 15 or higher and broad-spectrum protection for use at camp.
- Parents/guardians will be encouraged to ensure that campers have applied sunscreen before arrival at camp each day. Recommended application time is 30 minutes before camp arrival.
- Sunscreen with SPF 15 or higher and broad-spectrum protection will be made available to campers on site for use if they do not have sunscreen provided by parents/guardian and for reapplication throughout the day, provided there is a signed parental consent form on file.
- Counselors will encourage campers to reapply sunscreen every two hours, and more frequently if playing in the water. Counselors will assist campers in application of sunscreen when needed. If the skin is broken or an allergic reaction is observed, staff will discontinue use and notify the camp health director and parent/guardian.

*Sun-protective clothing and equipment:*

- Parents/guardians will be encouraged to provide campers with sun-protective clothing and equipment for outdoor activities including wide-brimmed hats, sun-protective clothing, and UV protective sunglasses (age appropriate, shatter-resistant).
- Counselors will encourage campers to wear sun-protective clothing and equipment.

### *Shade:*

- Shade will be considered when planning outdoor camp activities and used wherever possible to reduce exposure to UV radiation.
- Sufficient areas of shade will be accessible to campers, and counselors will encourage campers to use shaded areas for play and activities whenever possible.
- Camp leadership will monitor UV index, and heat advisories daily.
- When possible, camp activities will not be scheduled direct sunlight between the hours of 10am-4pm when UV radiation is at its strongest.

### *Education and Communication:*

- Camp staff will be oriented to this policy during camp orientation.
- Sun safety training will be provided during camp orientation.
- Beginning in 2023, when enrolling camper for camp sessions, parents/guardians will:
  - Receive a copy of this sun safety policy
  - Be asked to complete and sign a Parent/Guardian's Permission to Apply Sunscreen Form and it shall remain on file for the duration of camp season.
  - Be asked to ensure campers arrive to camp with sunscreen applied, and with additional sunscreen for reapplication throughout the day. Sunscreen of SPF 15 or higher with broad-spectrum protection is recommended.
  - Be encouraged to model sun safe behaviors for children.
- Skin cancer prevention educational materials will be provided to parents/guardians before the start of the camp season and will be available upon request.
- Sun safety will be promoted to the camp community via verbal announcements at camp, information on website, and email reminders.
- Sun safety education will be incorporated into camp activities as age appropriate.

### *Sun Safety for Staff:*

- All staff will be encouraged to practice sun safety during outdoor work including:
  - Wear a four-inch wide-brimmed hat.
  - Use sunglasses or prescription glasses with 100% UV protection
  - Apply broad-spectrum sunscreen with SPF 15 or higher to exposed skin 30 minutes before arrival at camp.

- Reapply sunscreen every two hours, and after water activities, excessive sweating, or toweling off.
- Suffolk County Farm will make sunscreen accessible to all staff. Sunscreen will be SPF 15 or higher with broad-spectrum protection.
- Sufficient areas of shade will be available to staff during work hours (as job tasks allow) and during breaks.
- Sun safety training will be provided annually during summer camp orientation for all farm staff, including camp counselors. Skin cancer prevention educational materials will be provided to all staff before the start of the camp season and will be available upon request.

***Policy Monitoring and Review:*** Suffolk County Farm will evaluate this policy on an annual basis

***Contact Regarding Policy:*** Contact Brittany Naumann, bn224@cornell.edu, with questions or concerns about the policy.

***Date Policy Adopted:*** 8/1/2022

***Date Policy Updated:*** 3/25/2024