



Sun Safety - a guide for staff

Sun exposure is the most preventable risk factor for all skin cancers. Children engaged in outdoor activities are likely to have increased exposure to harmful UVR. But you can have fun in the sun, while reducing the risk of skin cancer.

Encourage everyone, every day (even cloudy ones), to **wear sunscreen**, appropriate clothing/hats for sun protection and to renew sunscreen regularly.

Appropriate clothing for sun safety includes: shirts with sleeves and/or shoulder cover/collars and sun hats with wide brims and/or flaps.

When asked to help kids put on sunscreen it is important to be thorough and **apply it properly**. Don't forget to **re-apply** especially when swimming! If applying before swimming, remember it takes at least 30 mins before the active ingredients become effective.

Regular fluid intake is important for everyone. **Keep hydrated** at all times and encourage kids to do the same, especially when doing a lot of running around.

When running outdoor activities, **play in a shaded area** and not during the hottest part of the day, whenever possible.

Don't forget – **you are a role model**, so wear appropriate hats, clothing and sunscreen, as well as opting for shaded areas where possible.

During drop off and pick-ups is a good time to also **remind parents** of your sun safety policy, especially if the following day will be spent at the beach or swimming. Remind them to provide sun-coverage clothing such as suitable t-shirts, sun suits etc.