

Sun Safety Policy



It is the policy of Pictou Recreation that staff/volunteers will take measures to protect program participants and themselves against the harmful effects of the sun.

“It’s summertime Not Sizzle Time!”

Skin cancer is the most common of all cancers. Pictou Recreation is making sun safety for both staff and campers a priority!

Please discuss the importance of wearing a hat while playing outdoors, with your child. Please make sure that your child is sent to camp with a hat that will cover their head and block the sun from their face (i.e., no visors). Pictou Recreation will be monitoring the use of hats to make sure your child is protected from the sun.

Sun Safety Checklist

Before heading to camp remember to:

- Provide sunscreen (SPF 30+) labeled with your child’s name on it
- Apply Sunscreen to your child **in advance of arrival** to the program
- Dress you child in a t-shirt or a shirt that covers the shoulders
- Provide lip balm (SPF 30+) labeled with your child’s name on it
- Pack sunglasses
- Provide a hat
- Practice applying sunscreen with your child
- Send plenty of water!

In our recreation program we:

- Check the UV Index daily and adjust our outdoor activities accordingly
- Try to limit program time spent in the direct sun when the UV Index is moderate or high
- Plan activities in the shade when possible
- Wear the appropriate clothing as a first line of protection against sunburn
- Model sun safe behavior
- Promote wearing hats
- Leaders will have weekly discussions with campers reminding them of the importance of sun safety
- Have a daily sunscreen application schedule where children are applied with lotion throughout their day

At Pictou Recreation Summer Day Camp we monitor the application of sun screen on our campers. Please sign below and check whether or not you give our leaders permission to assist in applying sunscreen on your child:

Child’s Name: _____

Yes: _____ **OR** **No:** _____

Parent/Guardian Signature: _____

Please sign below as an understanding that a hat must be worn by your child at all times during camp.

Parent/Guardian Signature: _____