

Outdoor Recreation Policy for Sun Protection at

Binghamton University Community Schools at Whitney Point Central School District

Rationale:

Skin cancer is the most common cancer in the United States. Exposure to ultraviolet (UV) radiation in sunlight causes nearly all skin cancer cases. The risk for skin cancer can be greatly reduced when certain precautions are practiced. Therefore, Whitney Point, a Binghamton University Community School, is committed to promoting sun safe practices to visitors and staff and will implement the following sun safety policy.

Policy:

- 1) Whitney Point/ Binghamton University Community Schools will promote basic personal strategies for preventing skin cancer for staff and campers:
 - a. Wear full-body coverage clothing when outside in sunlight including brimmed hats, long-sleeved shirts and full length pants (when weather permits)
 - b. Wear sunglasses that state 100% UVA and UVB protection. For prescription sunglasses, the UV-protective coating can be applied.
 - c. Apply full-spectrum (UVA & UVB) sunscreen (SPF 15 or greater) to exposed skin at least 30 minutes prior to going outside in the sun.
 - d. Reduce exposure to sunlight between the hours of 10am and 2:30pm (if possible)
 - e. Play in shaded areas (when possible)
 - f. Seek shade when outside in the sun
- 2) If appropriate, Whitney Point/Binghamton University Community Schools will make sun protective items such as hats, protective clothing, umbrellas, alternative locations (i.e., indoors or shaded areas) and sunscreen available to our campers and staff and encourage sun safety while participating in outdoor recreation activities.
- 3) Whitney Point/Binghamton University Community Schools will consider the availability of shade for campers and staff when planning outdoor activities such as community events and field trips.
- 4) Whitney Point/Binghamton University Community Schools will make shade available for campers and staff in high-use recreation areas.

- 5) Whitney Point/Binghamton University Community Schools staff or other appointed group following an established timetable will develop and implement a plan to assess existing shade to determine if and where additional shade is needed; such as placing canopies in various locations to provide protection from the sun.
- 6) When possible, outdoor activities will be scheduled before 10am. If the camp is outdoors between 10am and 2:30pm, the sun protection resources will be available to all visitors, campers and staff.
- 7) Sun safety instruction will be taught to all campers and staff.
- 8) Letters regarding sun protection and this policy statement will be sent home to all campers and staff.

Policy Monitoring and Review:

Whitney Point Summer Zone staff will evaluate and revise this policy on an annual basis.

Contact Regarding Policy:

Contact David Puglisi (Whitney Point Summer Zone Coordinator) with questions or concerns about the policy at dpuglisi@wpcsd.org or 607-372-4650.

Date Policy Adopted: 5/20/2019

Date Policy Updated: 5/20/2019