



**Rationale:** Skin cancer is one of the most common cancers in the United States. The main cause of almost all forms of skin cancer is exposure to ultraviolet radiation (UV). The City of Binghamton Department of Parks & Recreation (COBDPR) recognizes skin cancer's risk can be greatly reduced when precautions are practiced and is committed to ensuring that all its staff, volunteers, and public events are protected from UV radiation exposure. In line with our mission and core values, COBDPR will be implementing the following sun safety policy.

**Objectives:**

- To increase awareness of skin cancer and its preventative measures within staff, volunteers, and events messaging.
- Adopt sun safe policies for staff, volunteers, and events in order to decrease exposure to UV radiation.
- To develop strategies which encourage responsible decision making about sun protection amongst staff, volunteers, and event goers.

**Policy:**

**Employees**

The following is COBDPR's employee sun safety practices. Staff are encouraged to adopt these behaviors any time they are on site.

**Protective Clothing, Hats, Sunglasses**

- Staff will be encouraged to wear sun-protective clothing and equipment when outside, year-round.
- Protective equipment includes:
  - A hat with a wide-brim that protects the face, neck, and ears
  - Safe and shatter resistant sunglasses with 100% UV protection

**Sunscreen**

- Staff will be encouraged to apply broad spectrum, water resistant sunscreen with a SPF of 15 or higher to all exposed areas and rub in well.

- Particular attention should be given to the following areas:
  - Face
  - Nose
  - Ears
  - Feet
  - Hands
- Application should be prior to 30 minutes before exposure to the sun, and every additional two hours if in the sun for a long period of time.

#### Shade Protection

- Staff should monitor themselves and visitors closely for heat-related illnesses.

#### Education, Increasing Awareness, and Staff Development

- New staff will be orientated to this policy at time of hire and given a paper copy.
- The sun safety policy will be reinforced in a positive way by staff.

#### Volunteers and Consumers

##### Protective Clothing, Hats, and Sunglasses

- Volunteers will be encouraged to wear sun-protective clothing and equipment when outside, year-round.
- Protective equipment includes:
  - A hat with a wide brim that protects the face, neck, and ears.
  - Safe, shatter resistant sunglasses with 100% UV protection.

##### Sunscreen

- Volunteers will be encouraged to apply broad spectrum, water resistant sunscreen with a SPF of 15 or higher to all exposed areas.
  - These areas should be especially applied:
    - Face
    - Nose
    - Ears
    - Feet
    - Hands
- Application should be prior to 30 minutes before exposure, and every additional two hours if in the sun for a long period of time.

#### Shade Protection

- Staff should monitor themselves and visitors closely for heat-related illnesses.

#### Education, Increasing Awareness, and Volunteer Development

- The sun safety policy will be reinforced in positive ways.

## **Events**

### Sunscreen

- Broad spectrum, water resistant sunscreen with SPF 15 or higher should be worn by all participants
- Staff and volunteers should encourage participants to utilize the sunscreen.

### Shade Protection

- Participants should be encouraged to seek shaded areas at outdoor events.
- Staff and volunteers will be able to outline all shaded areas available for participants to utilize.