Sun Safety Policy

**Rationale:** Skin cancer is the most common cancer in the United States. Exposure to ultraviolet (UV) radiation causes nearly all skin cancer cases. The risk for skin cancer can be greatly reduced when certain precautions are practiced. Therefore, the YMCA of Broome County is committed to ensuring that all children and staff are protected from skin damage caused by harmful UV radiation of the sun by implemented the following sun safety policy.

**Policy:**

This policy applies to every department/division of the YMCA of Broome County.

**Hats, Protective Clothing and Sunglasses**

- Staff and patrons will be encouraged to wear sun-protective clothing and equipment when outside that includes:
  - A hat with a wide-brim that protects the face, neck and ears
  - Sun-protective clothing (ex. Tightly woven, full length) when temperatures are reasonable
  - Age-appropriate, shatter resistant sunglasses with 100% UV protection

**Sunscreen**

- Staff and patrons will be encouraged to wear broad spectrum, water-resistant SPF 15 or higher sunscreen 30 minutes prior to going outside in the sun.
- Staff and patrons will be encouraged to reapply every 2 hours while in the sun, and if playing in water reapplication will be encouraged more frequently.

**Scheduling and Shade Protection**

- Departments will consider shade when planning outdoor activities with children.
- The YMCA of Broome County will provide enough areas of shade on outdoor play areas and will encourage children to seek shaded areas for outdoor activities when applicable.
- Staff will monitor the heat index and schedule outdoor activities accordingly when applicable. Staff and patrons will be watched for heat-related illnesses.
- Departments will limit sun exposure between 10 am and 4 pm when the UV radiation is strongest, when feasible. The availability of shade will be considered when planning excursions and outdoor activities during these times.

**FOR EMPLOYEES**

**Training and Communication**

- All employees of the YMCA of Broome County will receive annual sun safety training to encourage them to practice sun safety behaviors while on the job.
- The YMCA of Broome County new staff orientations will include information on UV protection, sun safety behaviors, and/or skin cancer prevention.
- The YMCA of Broome County supervisions will receive UV protection, skin cancer prevention, and/or sun safety training encouraging them to practice sun safety behaviors while on the job and role model to reinforce use of sun-protective practices for employees.
- Sun safety policy guidelines will be communicated and reinforced to employees by supervisors and administrative staff through new employee orientation, verbal reminders, posters, signs, pamphlets, email notifications, newsletters, and meetings.

**FOR DAYCARE**

- When enrolling their child in the YMCA of Broome County Daycare, parents/guardians will:
  - Receive a copy of the YMCA of Broome County Sun Safety Policy
  - Be asked to provide a suitable hat, sunglasses, and sunscreen (non-expired, broad spectrum, water resistant, SPF 15 or higher) for their child's use when outdoors in the care setting
  - Be required to complete and sign a Parent/Guardian's permission to apply sunscreen form and it shall remain on file at the program. This form will be updated annually. A written order from a health care provider is required if parents request sunscreen be applied to their infant under 6 months of age
    - If the skin is broken or an allergic reaction is observed after sunscreen application, staff will discontinue use and notify the parent/guardian immediately.
  - Be encouraged to model sun safe behaviors themselves and practice these guidelines with children when not at the child care program.

**Policy Monitoring and Review**

The YMCA of Broome County will evaluate and revise this policy on an annual basis.

**Contact Regarding Policy**

Contact Jessica Brennan with questions or concerns about the policy

**Date Policy Adopted:** 01/29/2020

**Date Policy Updated:**