

Norwood Beach Sun Safety Policy

The Norwood Beach values the health of their employees and intends to provide their employees with a healthy and supportive work environment. The **Norwood Beach Lifeguards** will set an example and remind visitors of methods to stay healthy, particularly with sun safety cancer prevention measures.

Therefore, the **Norwood Beach** has pledged to promote a work environment where healthy choices are valued, encouraged and shared by:

- I. Promoting basic personal strategies for preventing skin cancer for visitors and fellow employees by:
 - A) Applying full-spectrum (UVA & UVB) sunscreen (SPF 15+) to exposed skin at least 30 minutes before going outside in the sun.
 - B) Reducing exposure to sunlight between 10am-4pm when feasible
 - C) Umbrellas will be provided and encouraged for Lifeguard use
 - D) Seek shade when outside in the sun
- II. Considering the availability of shade for visitors when planning outdoor activities.
- III. Sun Safety instruction will be incorporated into Learn to Swim and Parent-Tot Swim Programs.
- IV. Visitors will be encouraged to practice basic personal strategies for preventing skin cancer
- V. Visitors will be encouraged and reminded to practice basic personal strategies for preventing skin cancer on-site through seasonal programming and through social media.