



Girls Inc.
of the Greater Capital Region

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Serving girls at our Centers
in Albany and Schenectady
and throughout the Capital Region

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Greater Capital Region

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CANCER PREVENTION IN ACTION/NYS DEPARTMENT OF HEALTH
Girls Inc. of the Greater Capital Region Sun Safety Policy and Procedure

A child getting one bad sun-burn doubles the risk of skin cancer later in life. Children's skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they are outdoors. The risk for skin cancer can be greatly reduced when certain precautions are practiced. Therefore, Girls Inc. of the Greater Capital Region is committed to ensuring that all children and staff are protected from skin damage caused by harmful UV radiation of the sun by implementing the following sun safety policy.

Policy:

Sunscreen

- Encourage members to apply broad spectrum, water resistant SPF 15 or higher sunscreen to all exposed areas on children and rub in well - especially the face (avoiding eye area), nose, ears, feet and hands prior to going outside (up to 30 minutes if possible). Parent/Guardian must provide the sunscreen being used. Members will not be allowed to share sunscreen unless written permission is given. If the skin is broken or an allergic reaction is observed, staff will notify the parent/guardian.
- Staff will be encouraged to apply sunscreen (with at least SPF 15) before going outside w/ children.

Scheduling and Shade Protection

- Consider shade when planning outdoor activities with children.
- Provide sufficient areas of shade on the outdoor play area and encourage children to see shaded areas for outdoor activities.
- Staff will remind and encourage children to use available shade during outdoor activities.
- Monitor the heat index and schedule outdoor activities accordingly. Staff and children will be watched carefully for heat-related illnesses.
- Limit sun exposure between 10am and 4pm, when the UV radiation is strongest. The availability of shade will be considered when planning excursions and outdoor activities during these times.

Hat, Protective Clothing, and Sunglasses

- Staff and children will be permitted to wear sun-protective gear when outside. This includes wide brimmed hats, child safe sunglasses and sun-protective clothing if supplied by parents/guardians.

Parents/Guardians must provide the sunscreen being used by the child. Members will not be allowed to share sunscreen unless written permission is given. Staff will not apply sunscreen to the member, unless help is needed. Member must apply her own sunscreen. Parents/Guardians will be encouraged to model sun safe behaviors themselves and practice these guidelines with their children when they are not at Girls Inc.