



Grow Amsterdam NY Sun Safety

Policy for Community Gardening in Partnership with Community Cancer Prevention Fulton, Montgomery, and Schenectady Counties

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, Grow Amsterdam NY is committed to promoting sun safe practices for community gardeners and the greater Amsterdam community. Grow Amsterdam NY recognizes and acknowledges the risks of sun exposure and implements the following sun safety policy. Grow Amsterdam NY will promote basic personal strategies and best practices for preventing skin cancer for community gardeners and community residents that participate in Grow Amsterdam NY events. Grow Amsterdam NY with the assistance of Community Cancer in Action will provide shade for community gardeners in the 78 Wall Street community garden.

Objectives:

- To increase awareness of skin cancer and its preventive measures with community gardeners, volunteers, and visitors.
- Adopt a sun safe policy for families and volunteers in order to decrease exposure to UV radiation.

Protective Clothing, Hats, and Sunglasses:

- Families and volunteers will be encouraged to wear sun-protective clothing and equipment while working in the garden.
- Protective equipment includes:
 - A hat with a wide brim that protects the face, neck and ears.
 - Wear sunglasses with 100% UV protection

Sunscreen:

- Families and volunteers will be encouraged to apply sunscreen with a SPF of 15 or higher to all exposed areas.
- 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 two hours if in the sun for a long period of time.

Shade Protection

- Shaded areas will be provided for volunteers and visitors at all times.
- Sun exposure will be limited as much as possible during the hours of 10am-4pm, when UV radiation is the strongest.
- Volunteers and community gardeners will be reminded and encouraged to use shade often.

Education, and Increasing Awareness:

- Community gardeners and volunteers will be orientated to the policy.
- A sign will be posted that reminds everyone to practice sun safety.
- Sun Safety instruction will be incorporated into any Grow Amsterdam NY activities or curriculum for the community gardeners and volunteers.

“Grow Amsterdam NYs mission is to conserve, create, and empower community managed greenspace through outreach programs and environmental education and we will be doing this while being sun safe in the community garden”.

Policy Monitoring and Review: This policy will be reviewed and modified accordingly by Grow Amsterdam NY.

Date Policy Adopted:4/22/2020