



## **Policy -SUN SAFETY | OUTDOOR RECREATION**

### **Rationale:**

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, Creative Connections Clubhouse is committed to promoting sun safe practices to visitors and staff and will implement the following sun safety policy.

### **Policy:**

1. Creative Connections Clubhouse will promote basic personal strategies for preventing skin cancer for visitors:
  - Wear full-body coverage clothing when outside in sunlight including four-inch full-brimmed hats, long-sleeved shirts, and full-length pants (weather permitting).
  - Use sunglasses that state they protect from 100% UVA & UVB. A UV-protective coating can be added to prescription glasses.
  - Apply full-spectrum (UVA & UVB) sunscreen (SPF 15 or greater) to exposed skin 30 minutes before going outside in the sun.
  - Reduce exposure to sunlight between 10 AM and 4 PM (10 AM to 3 PM during the winter), when feasible.
  - Play in shaded areas, when practical.
  - Seek shade when outside in the sun.
2. If appropriate, site will make sun protective items such as hats, protective clothing, umbrellas, and sunscreen accessible by providing items to visitors to encourage them to practice sun safety while participating in outdoor recreation activities.

3. Creative Connections Clubhouse will consider the availability of shade for visitors when planning outdoor activities such as community events, festivals, or sports competitions on-site.
4. Creative Connections Clubhouse will make shade available for visitors in high-use recreation areas.
5. A program committee or other appointed group following an established timetable will develop and implement a plan to assess existing shade to determine if and where additional shade is needed; such as placing trees and/or constructing shelters that provide shade for protecting people that engage in outdoor activities occurring at Creative Connections Clubhouse. *Note: In most cases, the preferred location for providing shade will be along or near the borders of recognized recreation areas or athletic fields. This will allow visitors and staff to easily access shade when they are not actively participating in activities.*
6. When possible, outdoor activities will be scheduled before 10 AM or after 4 PM, from March through October. The availability of shade will be considered when planning such activities during these time frames.
7. Sun safety instruction will be incorporated into any Creative Connections Clubhouse activities/curricula for visitors.
8. Visitors will be encouraged and reminded to practice basic personal strategies for preventing skin cancer through on-site communications (ex: verbal reminders, signage, brochures, etc.) at strategic locations (ex: waiting areas, restrooms, etc.)
9. Visitors will be encouraged and reminded to practice basic personal strategies for preventing skin cancer on-site through Creative Connections Clubhouse written communications (ex: website, social media, newsletters, etc.).

**Policy Monitoring and Review:**

Creative Connections Clubhouse will evaluate and revise this policy on an annual basis.

**Contact Regarding Policy:**

Contact the Director of Creative Connections Clubhouse, TJ. Czeski with questions or concerns about the policy.

**Date Policy Adopted:** May 29, 2019

**Date Policy Updated:**