



## Sun Safety Policy

### ***Walk With a Doc: Long Island Health Collaborative Chapter***

**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, the Long Island Health Collaborative chapter of Walk With a Doc is committed to promoting sun safe practices for its walkers, speakers, and community.

#### **Policy:**

Walk With a Doc: Long Island Health Collaborative chapter will promote sun safety at walk events by:

- Supporting basic personal strategies to prevent skin cancer including:
  - Applying SPF 15+, broad spectrum sunscreen before going outdoors, and reapplying every two hours.
  - Wearing a wide-brimmed hat, UV sunglasses, and long-sleeved clothing (weather permitting).
  - Seeking shade when feasible, especially between the hours of 10am to 4pm.
  - Avoiding suntanning and indoor tanning.
- Making sunscreen (SPF 15+, broad-spectrum) available to attendees at walk events.
- Making skin cancer prevention informational materials available to attendees, either distributed with related walk topic, on program website, or made available upon request.
- Incorporating skin cancer prevention and sun safety topics into Walk With a Doc program schedule once per season, dependent on the availability of physician guest speakers and subject matter experts.
- Encouraging visitors to practice sun safety at walk events via on-site communications such as verbal announcements, print materials, etc.
- Encouraging visitors to practice sun safety at walk events via online communications such as website, email newsletters, walk event e-vite, social media, etc.

**Policy Monitoring and Review:** Long Island Health Collaborative will evaluate and revise this policy on an annual basis.

**Contact Regarding Policy:** Contact Brooke Oliveri, Program Manager, with questions or concerns about the policy.

**Date Policy Adopted:** 4/29/2023

**Date Policy Updated:** N/A