



Sun Safety Policy

Kesem – Stony Brook University Chapter

Rationale: *One bad sunburn in childhood doubles the risk of skin cancer later in life. Children’s skin needs protection from the sun’s harmful ultraviolet (UV) rays when they are outdoors. The risk for skin cancer can be greatly reduced when certain precautions are practiced. Therefore, Kesem at Stony Brook University is committed to ensuring that all children and volunteers are protected from skin damage caused by harmful UV radiation from the sun by implementing the following sun safety policy.*

Policy:

Sunscreen:

- Parents/guardians will be encouraged to ensure that participants have applied sunscreen with SPF 15 or higher and broad-spectrum protection before arrival at Kesem programs and activities taking place outdoors. Recommended application time is 30 minutes before arrival.
- Parents/guardians will be encouraged to provide participants with sunscreen with SPF 15 or higher and broad-spectrum protection for use at outdoor Kesem programs and activities. Sunscreen will be made available to participants on site for use if they do not have sunscreen provided by parents/guardian or the family is facing financial barriers
- Kesem volunteers will encourage participants to reapply sunscreen every two hours, and more frequently after swimming or water activities. Counselors will supervise and provide instruction to participants on proper sunscreen application as needed and as age appropriate. If parents/guardians are present at programs and activities, encouragement to reapply sunscreen will be provided to both participants and parents/guardians as appropriate.
- Adequate time to apply sunscreen will be built into program schedules to allow for sunscreen application, especially after swimming and water activities. Volunteers will also be provided with adequate time to apply sunscreen to themselves.

Sun-protective clothing and equipment:

- Parents/guardians will be encouraged to provide participants with sun-protective clothing and equipment for outdoor activities including wide-brimmed hats, sun-protective clothing, and UV protective sunglasses (age appropriate, shatter-resistant).

- Sun-protective clothing and equipment including wide-brimmed hats, sun-protective clothing, and UV-protective sunglasses may be provided to participants whose family faces a financial barrier to purchase of these items, eligibility at the discretion of Kesem leadership.
- Volunteers will encourage participants to wear sun-protective clothing and equipment during outdoor program activities. If parents/guardians are present at programs and activities, encouragement to wear these items will be provided to both participants and parents/guardians as appropriate.

Shade:

- Shade will be considered when choosing sites for Kesem programs and activities to take place. Shade available at these locations will be used for activities whenever possible to reduce exposure to UV radiation.
- Portable shade, such as pop-up tents or umbrellas, will be provided by Kesem to supplement existing shade at off-site locations as appropriate for location and activity, as feasible for Kesem, and as allowable by off-site location.
- Volunteers will encourage participants to use shaded areas for play and activities whenever possible.
- Kesem leadership will monitor UV index, and heat advisories when outdoor programs and activities are taking place.

Education and Communication:

- Volunteers will be oriented to this policy during annual training.
- Sun safety training will be provided to volunteers during annual training
- When enrolling a new participant, parents/guardians will:
 - Be asked to ensure participants arrive to Kesem programs and activities occurring outdoors with sunscreen applied, and with additional sunscreen for reapplication throughout the day. Sunscreen of SPF 15 or higher with broad-spectrum protection is recommended.
 - Be encouraged to model sun safe behaviors for children.
- Sunscreen and sun-protective clothing and equipment, including wide-brimmed hats, sun-protective clothing, and UV-protective sunglasses (age appropriate, shatter-resistant), will be included in parent/guardian communications to encourage these items be brought to Kesem programs and activities that occur outdoors.
- Skin cancer prevention educational materials will be provided to parents/guardians annually and will be available upon request.

- Sun safety will be promoted to the Kesem community via verbal announcements at Kesem programs, portable signage, and online communications.
- Sun safety education will be incorporated into activities as age appropriate.

Sun Safety for Volunteers:

- Volunteers will be encouraged to practice sun safety at Kesem programs and activities that occur outdoors including:
 - Wear a four-inch wide-brimmed hat.
 - Use sunglasses or prescription glasses with 100% UV protection
 - Apply broad-spectrum sunscreen with SPF 15 or higher to exposed skin 30 minutes before arrival.
 - Reapply sunscreen every two hours, and after water activities, excessive sweating, or toweling off.
- Kesem will make sunscreen accessible to all volunteers for use at Kesem programs and activities occurring outdoors. Sunscreen will be SPF 15 or higher with broad-spectrum protection.
- Shade will be considered when choosing sites for Kesem programs and activities to take place, as well as when choosing sites for on campus or off-site volunteer meetings, trainings, community outreach, and other volunteer responsibilities. Shade available at these locations will be used for activities whenever possible to reduce exposure to UV radiation.
- Portable shade, such as pop-up tents or umbrellas, will be provided by Kesem to supplement existing shade at on-campus or off-site locations as appropriate for location and activity, as feasible for Kesem, and as allowable by Stony Brook University campus or off-site location.
- Volunteers will be oriented to this policy during annual training.
- Sun safety training will be provided to volunteers during annual volunteers.
- Skin cancer prevention educational materials will be provided to volunteers before the start of programming and will be available upon request.
- When student leadership transitions to new student leaders, they will be oriented to this policy and receive education on skin cancer prevention and sun safety for themselves and their participants.
- Kesem Stony Brook University chapter will model positive sun safe behaviors throughout the University community, and support efforts to extend sun safety strategies and policies across the university, at the discretion of Kesem leadership.

Policy Monitoring and Review: Kesem Stony Brook University chapter leadership will evaluate this policy on an annual basis

Contact Regarding Policy: Contact Kesem Stony Brook University chapter leadership with questions or concerns about the policy.

Date Policy Adopted: 4/1/2024

Date Policy Updated: N/A