

Be a Sun Safe Camp

LIMIT TIME IN THE SUN



Limit the time spent in the sun during the hours of 11 a.m. and 4 p.m.

Make it a policy!

COVER UP

Wear loose clothing to protect as much of your skin as possible.



BE SHADY!

Seek shade with trees, umbrellas, and awnings for outdoor activities.

Imagine a tent is a cave for a camp activity!



WEAR SUNGLASSES

Wear sunglasses with 100% UVA/UVB or UV400 protection.

Protect your peepers!



A HAT IS WHERE IT'S AT!

Wear a wide brimmed hat or ball cap with a back flap to protect the ears, neck and face.

Be a role model!



PROTECT YOUR SKIN

Protect your skin from cancer, aging and burns!

Use a sun screen with
• SPF 15 or higher
• UVA & UVB protection



Cool Camp Activities

PROMOTING SUN SAFETY



Implement A Hat is Where It's At!, a program for summer day camps. Purchase or ask parents to provide their child with a wide brimmed (such as a bucket hat) to wear at camp. Now funk it up! Have campers decorate it with fabric dye/markers/paints. Don't forget to take pictures of this fun activity!



Talk with the campers about the beneficial effects of the sun (makes plants grow, gives warmth/light). Discuss the harmful effects of getting too much sun (sunburns). Have campers suggest things that they can do to prevent sunburn.



Dress the camp mascot, in a "sun-safe" outfit -- long-sleeved shirt, long pants and wide-brimmed hat. Talk about how the mascot is dressed and point out that clothing protects skin from the sun. Show how the wide-brimmed hat keeps eyes, face and neck shaded and protected. Keep your camp mascot in a prominent location as a sun safe reminder to all.



Shadows

There are times of the day when the sun is more intense. Have the children pair up and go outside in the morning. Each child marks their partner's shadow with chalk. Repeat at noon and in the afternoon. Explain that when your shadow is shorter, the sun is stronger by teaching them this poem:

*When your shadow is short
Stay out of the sun
When your shadow is tall
Go out and have fun!*

Reproduced with permission from "Living with Sunshine." Canadian Cancer Society. February 1993.

- Add www.simcoemuskokahealth.org to your favourite websites and check back often
- Add a link to www.simcoemuskokahealth.org from your website for sun safety and health information

For further information on creating a healthy camp, contact Your Health Connection



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