

SHADE FACTS



- ✓ Good Ideas
- Strategies to prevent skin cancer
 - Reduce exposure
 - protect yourself
 - early detection
- 90% can be cured if detected early
- ✓ Planners - think about how much of the sky you can see
- ✓ Different tree species = different benefits & challenges

- evergreens
- deciduous
- conserve existing trees
- plant rapidly growing trees



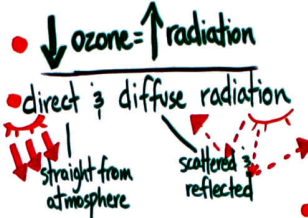
A.R.E.A.S

- HRM
- CUMBERLAND VALLEY
- SOUTH SHORE
- YARMPUTH AREA
- TORONTO
- CAPE BRETON

ENABLING SHADY BE

Key Concepts

- Without sun - no life
- Sun can damage - sunburns, cataracts, etc.
- Children & young adults - spend lots of time in sun
- makes more likely to cover up
- Sun protective measures ↑ with age
- Outdoor workers high sun exposure
- UVA & B directly affect skin - known carcinogen
- 95% of skin cancer caused by UV radiation
- rays most intense between 11am - 4pm
- Skin cancer - most common cancer in Canada (73,600 new cases in 2007)
- Sun exposure - intermittent & cumulative - both important



- under a single tree UV reduced to 5-40%
- UV index above 3 does damage
- fog = cloud

- Benefits of shade:
 - health
 - environmental
 - economic
- Designing for shade:
 - vegetation or artificial
 - time/duration of activities
 - orientation of site
- Using trees for shade:
 - density of canopy
 - tree selection
 - surfacing selection
- Conserving existing trees

S.E.C.T.O.R.S

- CHILD CARE
- ENVIRONMENT
- SCHOOL
- RECREATION
- COMMUNITY
- HEALTH

SHADE PERSON



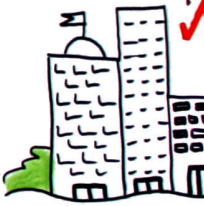
TOPICS

- Sun Safety Knowledge/Attitudes
- Solar UV radiation
- Designing 4 Shade
- Shade in daycares, schools & recreation
- Shade lens tool
- Policy that supports shade

STORY SHARING

- Berwick Girl Guides
- Town of Windsor Aquatics
- Fox Hollow ECE
- Coldbrook AVDSB

- ✓ Shade Audit
- ✓ Learning Gro
- ✓ Policy that
- ✓ Staff training
- ✓ Sun safety



- Summer Sun
- National Skin
- Health Canac
- Shade Audits