



**Summer Fun**

**Summer Sun**

**... and Safety**

# Objectives Of The Session



- ✦ **Educate**
- ✦ **Raise awareness**
- ✦ **Integrate sun safety practice in daily routines**

# The Sun...The Bright Side

**Summer**

**Enjoyment**

**Food Production**

**Outdoor Sport and Recreation**

**Vitamin D synthesis**



# Do You Know ...

*Where do 50% of Canadian children get their worst sunburn?*

- \* Children ages 6-12 spend more time in the sun and are less likely to be protected
- \* Adults who experienced several blistering sunburns during childhood have an increased risk of developing skin cancer

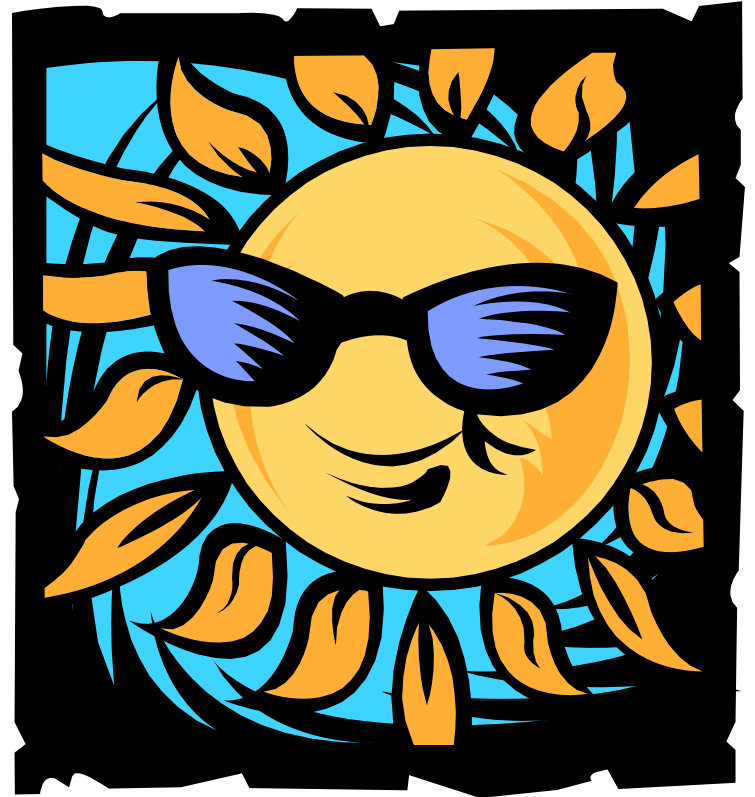


*Now do we have your attention?!*



# Welcome and Introductions

Who are we?



# The Sun Safe Leader in All of Us!

***Draw a picture of a leader who is doing a fantastic job of promoting and practicing Sun Safety. Be creative! You have 2 minutes. Remember to name your Sun Safety Superstar!***

**We'll check back at the end of our time together to see if we missed anything.**



# Why Sun Safety? Why Now?

- **Summer**
- **Outdoor activities**
- **Increased UV exposure from the sun**
- **Increased risk of sun damage**
- **Skin cancer**

# Why A Recreation Setting?

**Evidence has shown  
policy and educational programs  
in recreation settings  
change  
*covering up* behaviour among adults**

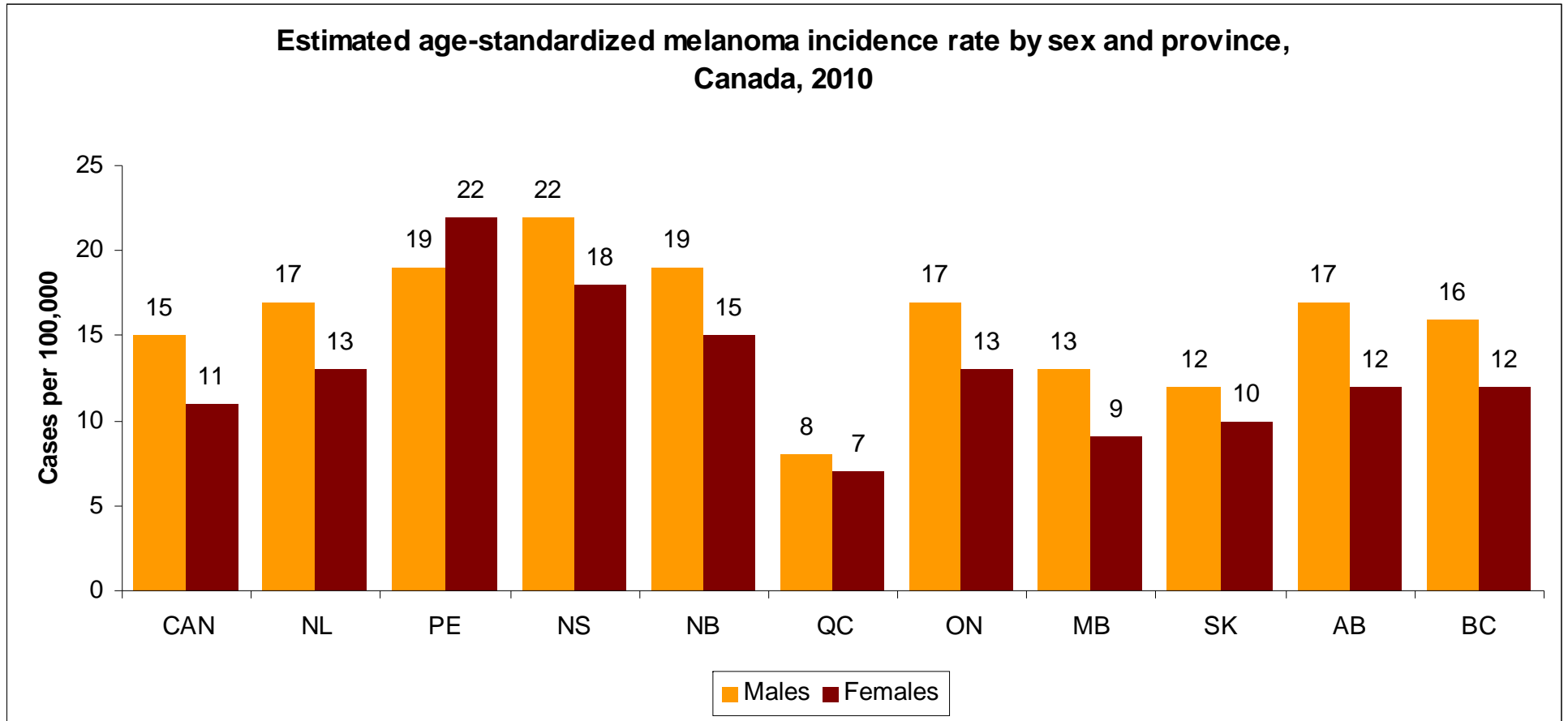
***What does this mean for a sport or  
recreational setting?***

# Most Common Cancer?

*Skin Cancer is the most common of all cancers.*

*More cases of skin cancer are diagnosed than lung, breast or colon cancer.*

# Estimated Age-Standardized Melanoma Incidence Rate by Sex and Province, 2010



Source: Canadian Cancer Society's Steering Committee: Canadian Cancer Statistics 2010. Toronto: Canadian Cancer Society, 2010.

# Increase In Skin Cancer...Why?

- ✦ **Changes in ozone layer**
- ✦ **Involvement in outdoor activities**
- ✦ **Wearing skimpy clothing**
- ✦ **Pursuit of a tan**

# Skin Cancer Risk Factors



**What percentage of non-melanoma skin cancer is related to exposure to UV radiation?**

Source: [www.dermatology.ca](http://www.dermatology.ca)

# Long Term Effects Of Sun Exposure

- ✦ **Skin cancer**
- ✦ **Eye damage**
- ✦ **Weakening of the immune system**
- ✦ **Premature aging of the skin**



*How could these outcomes motivate you to practice Sun Safety?*

# Skin Cancer Risk

## Things You Can't Change

- Fair skin
- Blonde, red or light brown hair
- Light coloured eyes -> blue, grey, or green
- Freckles
- Large number of moles
- Family history of skin cancer

## Things You Can Change

- Repeated sunburns
- How we work outdoors
- Outdoor activities
- Sun bathing
- Prolonged exposure to the sun
- Use of tanning beds



# UV Radiation – Not Just The Sun Anymore



*Used with permission from Canadian Cancer Society – Nova Scotia Division*

# UV Index and You

## UV index Category

## Sun Protection Actions

0-2	Low	Minimal protection needed if outside for less than 1 hour. Wear sunglasses on bright days.
3-5	Moderate	Cover up, wear a hat, sunglasses, & SPF 15+ sunscreen if outside for 30 minutes.
6-7	High	Protection required. Reduce time outside btw 11 & 4, & seek shade. Cover up, wear a hat, sunglasses and SPF 15+ sunscreen.
8-10	Very High	Take full precautions (see "high" category) & avoid the sun between 11 AM & 4 PM.
11+	Extreme	Unprotected skin can burn in minutes (see "high" category).

# UV Index – How do we Promote it?



- *How do we find out the UV index on a daily basis?*
- *How can we promote and educate participants, parents, the public about the UV Index in our programs this summer?*

# S P F



- **SPF = *Sun Protection Factor***
- **Refers to the ability of the product (e.g. sunscreen or clothing) to protect skin from UVB rays**
- **The higher the rating the more protection?**

# When Choosing & Using Sunscreen

## \* **Read the label**

- \* Protection against UVA and UVB
- \* SPF 30 or higher
- \* Waterproof – if using in or near water

## \* **Apply**

- \* 20 – 30 min before exposure (sunny AND cloudy days)
- \* At 2 hr intervals
- \* Before insect repellent
- \* Liberally on all exposed skin

## \* **Reapply**

- \* After swimming and heavy perspiration

## \* **Check**

- \* Expiry date
- \* CDA approved



# The Lay of the Land and Sun Safety

*Partner up and draw a picture of the area where you will be programming this summer (waterfront, playground, etc.).*

- Where are there areas to seek natural shade? Identify them on your drawing.
- Where are the opportunities where shade could be created? Draw them in. Be creative!

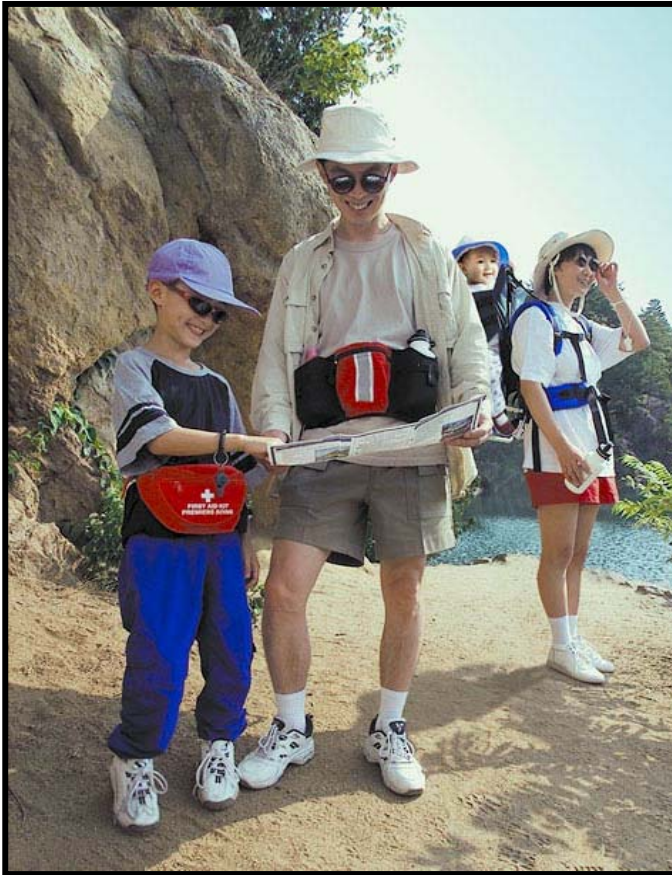
# Shade

**Plays an important role in sun safety**

- **Make use of:**
  - **Trees**
  - **Umbrellas**
  - **Canopies**
  - **Gazebos**
  - **Awnings**
  - **Shade from buildings**



# Clothing As Sun Protection



**For maximum protection –  
as a physical block:**

- **Loose fitting long-sleeved shirts and long pants**
- **Dark fabrics with a tight weave**

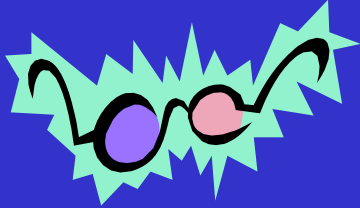


# Sun Safety Hat Parade!

# Keep Your Hat On!



- Reduces the risk of skin cancer and UV damage to the eyes
- Best option: one with a wide brim, preferably covering the neck



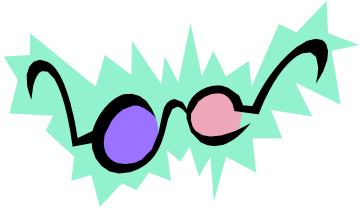
# Protect our EYES

**UV radiation and intense light = Eye damage**

## **Sunglasses:**

- Increase comfort and prevent eye damage
- Are best with uniform, even-shaded lenses (good UVA & UVB protection)
- Wrap-around style increases protection
- High cost or high-tech not necessary

# Ways To Be Sun Safe...



- \* Limit time in the sun: *When? How?*
- \* Look for shade: *Where?*
- \* Wear clothing to protect your skin: *What?*
- \* Use sunscreen to protect your exposed skin: *What and how?*
- \* Beware reflective surfaces (sand/water): *Why?*
- \* Wear sunglasses: *Why and what to consider?*



# Plan To Be Sun Safe...



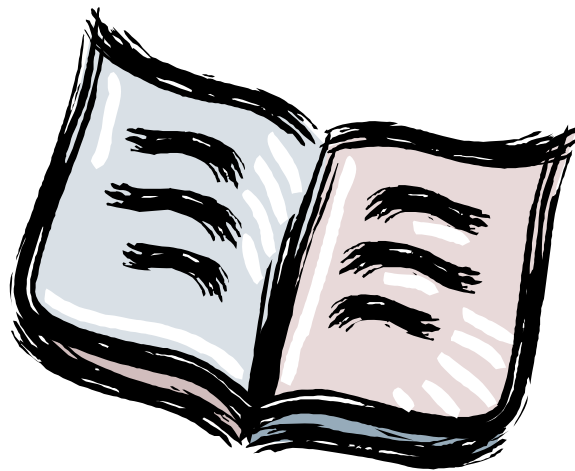
***Let's brainstorm some ways we can make Sun Safety a natural part of our day. What would a Sun Safe day look like from beginning to end?***

- \* What are some fun and creative ways we can reward Sun Safe behaviours with participants?***



# Policy and Practice Considerations

- ✦ **Key elements of the policy/practice**
- ✦ **Expectations of staff and/or volunteers**
- ✦ **Communication with parents/guardians**



# The Sun Safe Leader in All of Us!

*How's your picture -  
the one you  
created at the  
beginning of the  
session?*

*Anything you want to  
add?*



# Plan To Be Sun Safe...



***What is one of your motivators for you to start, or to continue, for Sun Safety practices to become a natural part of your day?***



# Thank You!



**Stay Safe and  
Have Fun  
in the Sun!**

