

Guidelines for Policy Development Regarding Sun Safety For Schools and Daycares



1. Develop staff awareness, i.e., through provision of information regarding sun safety and available resources to teachers.
2. Implement the concepts of the Canadian Cancer Society's "Slip, Slap, Slop" program:
 - ☼ Reduce sun exposure between 11am and 4pm;
 - ☼ Seek shade or create your own shade;
 - ☼ SLIP! on clothing to cover your arms and legs;
 - ☼ SLAP! on a wide-brimmed hat;
 - ☼ SLOP! on sunscreen with SPF (Sun Protection Factor) #15 or higher;
 - ☼ Keep babies under one year out of the direct sun;
 - ☼ Tanning parlours and sunlamps are not a safe way to tan.

Other sun safety precautions include wearing UV protective sunglasses, using lip balm with a SPF of 15 or greater and performing regular skin examinations.

3. Develop a proactive supervision procedure during the 30-45 minute outdoor noon hour time period (i.e., check students for appropriate attire).
4. Provide parents with information on the type and recommended preventive strategies for sun safety through school newsletters, School Council and by distribution of Canadian Cancer Society brochures.
5. Encourage and ensure through advance notice that parents, staff and students use a preventive approach on special, all-day activities such as track and field days.
6. Provide a balance of indoor and outdoor activities during peak times.
7. Utilize shaded areas for outdoor play.
8. Plant mature trees in play areas - involve students in the planting and care of these.
9. Provide protective - building awnings, tents or canopies for extra shaded areas.
10. Model "sun safe practices".

For more information about sun safety and skin cancer, contact your local office of the Northwestern Health Unit. More information is also available from the Canadian Cancer Society's national, toll-free Cancer Information Service at 1-888-939-3333, 9:00 a.m. – 6:00p.m. Monday to Friday and the Canadian Dermatology Association at 1-800-267-DERM. Web sites containing sun safety information are as follows: <http://www.cancer.ca> and <http://www.dermatology.ca>.

