

Portland Parks & Recreation Department Sun Protection Guidelines for Campers & Staff

Introduction

Skin cancer is considered epidemic by the Centers for Disease Control and Prevention. Over one million Americans are expected to get skin cancer this year. That is more people than the collective total of all who will get cancers of the breast, colon, lung, and prostate. Exposure to ultraviolet (UV) rays in sunlight causes 80-90% of all skin cancer cases. Risk for skin cancer can be greatly reduced when certain precautions are practiced.

Basic Personal Strategies For Preventing Skin Cancer

1. Reduce exposure to sunlight from 10 a.m. to 4 p.m. (10 a.m. to 3 p.m. during the winter), when possible.
2. Seek shade when outside in the sun.
3. Wear full-body coverage clothing when outside in sunlight by wearing a four-inch, full-brimmed hat, long-sleeved shirt, and full-length pants (weather permitting).
4. Use sunglasses that state they protect from 100% of UVA and UVB (broad-spectrum). A UV-protective coating can be added to prescription glasses.
5. Apply full-spectrum (UVA & UVB) sunscreen (SPF 15 or higher) to exposed skin, 30 minutes before going outside in the sun.
6. Use lip balm that has a SPF rating of at least 15.
7. Seek shade when outside in the sun.

Suggested Guidelines for Outdoor Recreation Work

1. Whenever possible, outdoor activities will be scheduled before 10:00 a.m. or after 4:00 p.m. from March through October. Consider the availability of shade when planning activities during these time frames.
2. For all outdoor activities occurring on sunny (non-rainy) days especially between 10:00 a.m. to 4:00p.m. (staff and campers will be encouraged to:
 - a. Play or work in shaded areas, when practical.
 - b. Wear full-body coverage clothing that includes:
 - Four-inch or more full-brimmed hats that, when worn, create a shadow that completely covers the head, face, nose, ears, and neck.
 - Long-sleeved shirts and full-length pants made of tightly woven fabric that is lightweight and light colored. (This applies when temperatures are reasonable.)
 - c. Wear sunglasses that protect from 100% of UVA & UVB (full-spectrum).
 - d. Thirty minutes before going outside, apply a SPF 15 or greater broad-spectrum (UVA/UVB), water-resistant sunscreen to exposed skin.
 - e. Use lip balm that has a SPF rating of at least 15.
3. Parents or guardians of camp participants will be encouraged verbally and through written

communication to provide the options mentioned above, such as hat, full-length clothing, dark glasses, lip balm, and sunscreen.

4. Sun protection training and materials will be provided to staff and patrons, encouraging them to practice sun safety while participating in recreation activities/job duties or engaging in any outdoor activities.
5. While on duty, staff is encouraged to practice sun safety principles/strategies to protect themselves and serve as good role models for patrons, especially children.
6. These guidelines will be communicated and reinforced to staff and patrons through verbal reminders, posters, signs, pamphlets, notices, newsletters, and meetings, and above all, on-site practice.