

Sun Safety and Sunscreen Form Summer Camps

At our City of Greater Sudbury Day Camps, we believe that outdoor activities are a key part of a healthy lifestyle. However, we want to make sure that while children are outside, they are protected from the sun and heat. Therefore, we have developed a policy related to sun protection and safety during hot weather to ensure that we can all enjoy the summer safely. Your support is very important to the success of our new policy.

You can help by:

- talking to your child about the importance of sun protection and hot weather safety
- sending your child each day with a wide-brimmed hat, long-sleeved shirt, sunglasses and a reusable water bottle
- applying sunscreen with a sun protection factor (SPF) of 30+ on your child before they leave the house each day
- filling out and returning the attached sunscreen permission slip form to the program site staff

As part of this new policy, camp staff have received additional training about sun safety and will spend more time discussing the harmful effects of sun and hot weather with the children so they may become more aware of how to protect themselves. We are also going to encourage children to reapply sunscreen throughout the day and to wear a hat and sunglasses when outside. We will monitor the weather reports and advisories and will take precautions to protect the children from sun and heat-related illnesses. Together we can have a safe and healthy summer.