

DOWNLOAD THE  
UV PROTECTION TOOLKIT  
FOR CAMPS AT  
<https://bit.ly/2QXRznp>

TOOLKIT INCLUDES:

- Example camp policy and procedures
- Social media posts
  - Posters
  - Letter to parents
- Shade Audit Tool and Activity
- Experiential Education Skin Smart Workshop



## CONTACT US

BC Cancer Prevention Programs  
801-686 West Broadway  
Vancouver, BC, V5Z 1G1  
Email: [kathy.pym@bccancer.bc.ca](mailto:kathy.pym@bccancer.bc.ca)  
Tel: 604-877-6227  
Toll-free (within BC):  
1-800-663-3333 ext. 676227

## LEARN MORE ABOUT

# UV PROTECTION AT CAMP

**BC  
CAN  
CER**

Provincial Health Services Authority

# WHY IS UV PROTECTION IMPORTANT?

Ultraviolet (UV) rays from the sun can cause severe injury to the skin, especially for children, as their skin is more sensitive than adult skin.

The amount of time spent unprotected in the sun directly affects a child's lifetime risk of skin cancer. Given that many camp activities are held outdoors during peak UV radiation time, camp organizations can help reduce the chance of skin cancer for their campers and staff by providing an environment that promotes positive sun protection behaviours.

**Camp organizations can play a key role in minimizing UV exposure.**



# TIPS FOR CAMP LEADERS

## SLIP ON CLOTHES & SHADES

- Make light long sleeve tightly woven shirts and pants essential items for campers to pack.
- Ensure campers have 100% UV protective sunglasses.

## SLAP ON A HAT

- Make sure all campers have, and wear, a wide brimmed hat.

## SEEK SHADE

- Schedule outdoor activities before 11 AM and after 3 PM when the UV index is lower.
- If there aren't natural shade structures, set up tents, sails and umbrellas.
- Conduct a shade audit of your grounds to identify areas to create shade.



## SLOP ON SUNSCREEN

- When exposed to UV rays ensure campers wear a broad-spectrum sunscreen or sunblock of SPF 30+.
- Keep sunscreen in your first aid kit.
- During the day have sunscreen breaks, like water breaks, for campers to reapply.

## BE A ROLE MODEL

- Role model UV protection practices by wearing a hat and protective clothing, applying sunscreen, and seeking shade.

