



The Bermuda Hockey Federation

SunSmart Policy.

Camp/Program name: Sportways Camp / Funstix's Program

Implementation Date – Monday June 28th, 2021

Representative: Keith De Silva / President

Policy will be reviewed/amended every year

Campers

- All campers must bring their own hat and have the option to wear it when they are in the sun
 - A broad-brimmed, legionnaire or bucket hat is preferred
- Campers must bring their own large reusable water bottle, extra water / Gatorade will be provided
- Campers must bring their own SPF 30+ broad-spectrum water-resistant sunscreen
 - Sunscreen should be applied before arriving at camp and reapplied every 2 hours
- All campers will sit in the shade when possible
 - For example, at lunch and snack time

Instructors

- All instructors will act as role models to the campers by engaging in SunSmart behaviors
 - Will wear UV Sunglasses where applicable
 - Apply Sunscreen every 2 hours
 - Wear hats as appropriate
- Instructors should ensure that campers spend any down time in the shade
 - For example, at lunch and snack time
- Sunscreen will be reapplied on the campers every 2 hours
- Instructors will make sure that there is extra water for the campers

Parents will receive a copy of this policy as part of all Communications and will be made available on website(s) as part of Parent resources.



A Message to Parents

Summer is a great time to enjoy outdoor activities. However, too much sunshine during childhood can cause premature skin aging, skin cancer, and eye damage later in life. While those with pale skin, freckles, light-colored eyes, blond or red hair are at an increased risk, all skin colors can develop skin cancer!

According to the Canadian Skin Cancer Foundation, children born in the 90's have a 2 to 3 times higher lifetime risk of developing skin cancer compared to those born in the 60's. Current predictions are that 1-in-7 children born today will develop a skin cancer during his or her lifetime.

The good news is that you can help your children to prevent the damage from too much sunshine. Teach them to follow these simple steps:

- Limit time in the sun between 10am - 4pm
- Look for shaded areas or create shaded areas to do outdoor activities
- Wear clothing to protect as much skin as possible (UV protective clothing or long-sleeved shirts and long pants are recommended)
- Wear a wide brim hat, bucket hat, or hat with a back-flap
- Put on UV protective sunglasses
- Use sunscreen with SPF 30 or higher that gives protection from both UVA & UVB rays

Are your children getting the most from sunscreen?

Although the best choices for sun protection are to cover up and stay in the shade, sunscreen is helpful too. Here is a checklist for effective sunscreen use.

- Choose a sunscreen with SPF 30 or higher that gives protection from both UVA & UVB rays.
 - Note: sunscreens aren't recommended for infants under six months of age.
- Read and follow the manufacturer's recommendations on the bottle or tube. Sunscreen should not be left in the car or in direct sunlight. Discard when expired!
- Always test for allergic reaction when first using sunscreen. Apply a small amount on your child's inner forearm for 2-3 days consecutively. Check for adverse reaction.
- Apply sunscreen generously (one ounce or 2 - 3 tablespoons to cover the entire body) to exposed skin at least 30 minutes before going out. This is important as it allows time for active ingredients in the sunscreen to begin working. Don't forget ears, nose, back of the neck and back of the legs.
- Reapply every 2 hours and after perspiring or getting wet. Sunscreen, including water resistant varieties, should be reapplied every 2 hours and after skin becomes wet to maintain maximum effectiveness.
- Remember to towel dry skin before reapplying sunscreen. It must be applied to dry skin to be effective. Use an SPF 30 lip balm for lips.
- If applying more than one substance (e.g. insect repellent), always put the sunscreen product on first and wait 30 minutes after applying. Then apply the second substance. (Insect repellent isn't recommended for children less than two years old).
- Use sunscreen even on cloudy, hazy or foggy days. As much as 80% of the sun's ultra violet rays can pass through the clouds.

Remember, no sunscreen protects 100%. So apply sunscreen and then cover up with a hat, long-sleeve shirt and pants or use shade as much as possible. Be sure to teach your children these tips for getting the most from sunscreen.

The SunSmart programme is generously sponsored by





Sunscreen Permission Form

Name of Child: _____ first, last

As the parent/guardian of the above child, I recognize that overexposure to the sun may increase my child's risk of developing skin cancer later in life.

Therefore, I give permission for the staff of:

The Bermuda Hockey Federation SportWays Camp

To apply a sunscreen product that is broad spectrum with SPF 30 or higher to my child every 2hrs as specified below, when he/she will be playing outside, especially during the months of April through October and between the hours of 10 a.m. to 4 p.m. I understand that sunscreen may be applied to exposed skin, including but not limited to the face (except eyelids), tops of ears, nose, bare shoulders, arms, and legs. I have checked and initialed below all applicable information regarding my wishes for the use of sunscreen on my child.

- My child has no known allergies to sunscreen
- My child is allergic to some sunscreens. Please use ONLY the following brand(s)/type(s) of sunscreen (Parent Provided)
 - _____
- Staff may use sunscreen (as outlined above) following recommendations on product label
- I have provided the following sunscreen for use on my child
- for medical or other reasons, please do NOT apply sunscreen to the following areas of my child's body:
 - _____
 - _____
 - _____
 - _____

Parent/Guardian Name: _____

Date: _____

Parent/Guardian Signature _____

DO NOT RELY ON SUNSCREEN ALONE TO PROTECT CHILDREN FROM SKIN CANCER!

The SunSmart programme is generously sponsored by

