



## School Guidelines for Track and Field Events at Elementary Schools in Windsor and Essex County

According to the Canadian Dermatology Association, most of our lifetime sun exposure occurs before the age of 18, so protecting children from the sun goes a long way in helping prevent skin cancer later in their lives. Research has shown that exposure to UV radiation has been linked to skin cancer, eye damage, and suppression of the immune system. In recognition of the dangers of UV exposure the following strategies should be implemented at all track and field events.

As part of track and field sun safety strategies, schools will:

### Behaviour

- Encourage students, staff, and volunteers to wear **wide brimmed hats, sun screen (SPF 15 or higher, broad spectrum), UV protected sunglasses, and sun protective clothing.**
- Encourage parent and/or School Advisory Councils to provide sunscreen for student use during track and field events.
- Allow time for the application of sunscreen 15 to 30 minutes before students attend track and field events.
- Encourage students to use areas of **shade** where available.
- Request staff and volunteers to act as role models by practicing sun safety behaviours.
- Provide parents and volunteers with sun safety information through school newsletters, school council meetings, displays and/or announcements.

### Curriculum

- Incorporate skin cancer prevention into the curriculum at all grade levels.
- Regularly reinforce sun safety behaviours in a positive way through newsletters, parent meetings, and student/teacher activities.
- Ensure that sun safety strategies are reflected in the planning of all track and field events.

### Environment

- Provide shade structures during track and field events such as tents, umbrellas, and canopies.
- Provide **sun screen** (SPF 15 or higher) for track and field participants who don't have their own.

### Evaluation (includes recommendations for future track and field events)

Assess students and coaches for the following:

- Number of students and coaches with visible sunburns the day before and the day after the track and field event.

## To be reviewed and revised annually

Endorsed by Greater Essex County District School Board and Windsor-Essex Catholic District School Board, March 2008.