

Planning an Outdoor Event?

Proper sun protection is imperative if you spend time outdoors and are exposed to ultraviolet radiation from the sun. Excessive ultraviolet radiation (UV) exposure can cause damage to your skin and eyes as well as premature ageing of the skin. It is estimated that in 2005 there will be approximately 82,400 new cases of skin cancer in Canada (CCS 2005).

When organizing an outdoor event, remember to protect your staff, participants and volunteers from the harmful UV rays of the sun. Some suggested guidelines to follow are:

- Prior to the event, assess the site for existing shade
- Place registration tables, food and drinks in areas that will be shaded at the time of the event
- Check the UV index the day of the event. It is important to take sun safety precautions especially when the UV index is 3 or above
- Utilize additional shade structures such as umbrellas, awnings or tents
- Plan special presentations, prize draws or speeches to be in areas that provide shade to participants and the audience
- Ensure staff is able to rotate tasks between shaded or indoor areas and outdoor activities. Avoid having the same people exposed to the direct rays of the sun all day
- Provide sun safety information through volunteer/staff event registration packages, emails, posting sun safety information and posters
- Encourage participants to take personal sun protection measures by providing or reminding them to wear sunscreen. Remind them to wear sunglasses, hats and protective clothing. Recommendations for outdoor workers include:
 - * Apply sunscreen with an SPF of 30 or higher. It is important to cover all exposed skin with plenty of sunscreen, including the face, ears, neck and back of the legs
 - * Choose sunglasses that have as close to 100% UVA & UVB protection as possible. Your glasses should have medium to dark lenses with even shading and wrap around the face if possible. Long-term exposure to UV radiation has been related to cataracts, skin cancer around the eyes and damage to the retina
 - * Wear wide brimmed hats that provide protection for the head, face, ears and neck
 - * Wear protective clothing. Choose tightly woven, loose-fitting clothing that covers your arms and legs to protect your skin from direct sun exposure



By following these guidelines, your staff, volunteers and participants will have greater protection from the harmful effects of ultraviolet radiation while enjoying healthy outdoor events and activities.

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**For more information on Sun Safety, call
Health Connection at 1-800-361-5653.**

