

Dear Camp Staff and Families,

As summer approaches, it's important to prioritize the health and safety of our campers. Skin cancer is a serious concern, especially during the sunny months. Here are some strategies we recommend for effective skin cancer prevention:

1. Sunscreen Application

Ensure all campers apply broad-spectrum sunscreen with an SPF of at least 30, 15 minutes before going outside. Reapply every two hours, and after swimming or sweating.

2. Protective Clothing

Encourage wearing lightweight, long-sleeved shirts, pants, and wide-brimmed hats. Look for clothing labeled with an Ultraviolet Protection Factor (UPF).

3. Shade Creation

Set up shaded areas using tarps, tents, or natural shade from trees. Encourage campers to take breaks in the shade, especially during peak sun hours from 10 AM to 4 PM.

4. Education and Awareness

Conduct workshops or activities that educate campers about the importance of sun safety and recognizing skin changes.

5. Hydration

Remind campers to stay hydrated to help their skin stay healthy. Encourage frequent water breaks throughout the day.

By implementing these strategies, we can help protect our campers from the harmful effects of UV radiation. Thank you for your support in keeping our camp a safe and healthy environment.

Sincerely,
[Your Name]
[Your Position]
[Camp Name]