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## Sun Protection in the Aquatic Environment

1. All Canadians should be aware of the health risks related to excessive and prolonged sun exposure. Risk reduction and early detection practices should be encouraged.
2. Outdoor aquatic personnel are at increased risk. Information concerning the risks of sun exposure and the reduction of these risks should be part of all the educational programs of the Society.
3. The Society should provide support material for inclusion in publications and for independent distribution to educate lifeguards, lifesavers, instructors, etc. in the sun exposure risks of outdoor aquatic situations.
4. The Lifesaving Society should be an advocate for this issue in conjunction with partners and stakeholder groups.

### Context

Excessive exposure to sunlight can cause skin degeneration, including skin cancers, in some individuals, often many years after the insulting exposure.

### Risk reduction strategies include:

- apparel (shirt, hat, shorts, swimsuits) sunglasses
- shading
- work scheduling
- rotations/position
- rehydration
- sunscreen
- skin surveillance

### Partner Groups and stakeholders example:

- Worker's Compensation Board
- Occupational, Health and Safety Branches
- Recreational Associations
- Affiliates/facilities
- Canadian Cancer Society
- Dermatologists / Canadian Medical Association
- Environment Canada
- National Affiliates