



SUPPORTED BY



Young Athletes Camp

Healthy Athletes Craft



Sun Safety

The sign is a simple black-outlined rectangle with the words 'Sun Safety' written in a bold, black, sans-serif font in the center. The background of the page is decorated with colorful, hand-painted brushstrokes in purple, blue, red, yellow, and green, giving it a craft-like appearance.

Sun Safety

Just a few serious sunburns can increase your child's risk of skin cancer later in life. Kids don't have to be at the pool, beach, or on vacation to get too much sun. Their skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they're outdoors.

Use the following information below to guide a discussion with your child about the importance of sun safety. And remember, making sun protection a habit early in life will make it easier for kids to continue practicing this behavior throughout their lives.

Five easy steps for kids to remember how to protect their skin:
(The 5 S's of Sun Safety)

Slip - Wear clothes that cover your skin

Slop - Sunscreen

Slap - Wear a hat

Seek - Use an umbrella for shade

Slide - Wear sunglasses



Wet or Sweat = More Sunscreen!

Reapply sunscreen every two hours of sun exposure and immediately after swimming or excessive sweating. This includes waterproof sunscreen.



Create Your Own Sun Visor

Materials :

1

Paper plates

3

String or
Elastic Band

2

Hole Puncher

4

Markers

Activity:

1

(Parents)

In advance cut the paper plates in half-moon shape.

2

Hole punch each side of the paper plate rims
(if children are able to do this step, let them!)

3

Using their favorite art
supplies, let your Young
Athlete decorate the rims

4

Tie string, or elastic band,
through the holes and
adjust for the size of your
child's head

