

Sun Safety at Sky Lake

Did you know that skin cancer is the most common form of cancer in the United States? Thankfully, by increasing basic precautions to protect our exposure to ultraviolet radiation from the sun, we can greatly reduce the risk of developing skin cancer!

WE ENCOURAGE VISITORS, CAMPERS, AND STAFF TO PRACTICE THE FOLLOWING:

- Apply full-spectrum (UVA & UVB) water-resistant sunscreen (SPF 15 or greater) to exposed skin 30 minutes before going outside in the sun
- Rest in shaded areas, when practical
- Seek shade when outside in the sun

WHEN FEASIBLE, WEAR:

- A wide-brim hat
- Sunglasses
- Long-sleeved shirts
- Sun-protective swimwear (like rashguard shirts)



FORGOT TO BRING SUNSCREEN, HAT, OR SUNGLASSES?

We've got you covered! Please see a member of staff.