

PROPOSED ORDINANCE NO. 29-2016

AN ORDINANCE TO PROVIDE INFORMATION RELATED TO SUN SAFETY TO  
LIFEGUARDS ASSIGNED TO NASSAU COUNTY OUTDOOR POOLS, BATHING  
BEACHES AND NICKERSON BEACH.

WHEREAS, lifeguards spend long periods of time outdoors, including during the peak hours of the sun's strength; and

WHEREAS, due to their high sun exposure, lifeguards are at increased risk of skin cancers and other negative effects of the sun; and

WHEREAS, Nassau County employs lifeguards, who are assigned to maintain the safety and well-being of swimmers enjoying its swimming pools and bathing beaches; and

WHEREAS, certain lifeguards employed by the Town of Hempstead are assigned to similarly serve Nickerson Beach Park ("Nickerson Beach"), which is County-owned, pursuant an Inter-Municipal Agreement ("IMA") between the Town and the County; and

WHEREAS, lifeguards assigned to Nassau County outdoor swimming pools, bathing beaches, and/or Nickerson Beach should be informed of the high risk set forth above; therefore

BE IT ORDAINED, by the County Legislature of the County of Nassau as follows:

Section 1. Prior to the beginning of each summer season, the Department of Parks, Recreation and Museums shall provide written information to lifeguards assigned to Nassau County swimming pools, bathing beaches and Nickerson Beach in the following form:

**NASSAU COUNTY DEPARTMENT OF PARKS, RECREATION AND MUSEUMS**

**SUN SAFETY FOR LIFEGUARDS**

**What is your risk from exposure to Ultraviolet Radiation (UV), which is contained in sunlight?**

The amount of damage from UV exposure depends on the strength of the light, the length of exposure and whether the skin is protected. Lifeguards, due to the nature of their duties, are more at risk to skin exposures that may include blemishes, sun freckles and wrinkles. Continued exposure to sun over time can cause damaged skin to become cancerous.

### **How can you reduce your risk to UV exposure and protect yourself in the sun?**

The easiest way to reduce UV risk is to reduce your direct exposure to the sun. You can do this by wearing protective clothing, such as a baseball or wide-brim hat, and long sleeve t-shirts, as well as using a UV umbrella. You can also use protective sunscreens. Use a sunscreen with a SPF (skin protection factor) of at least 15, and also one that is water-resistant, so it can withstand humidity and sweat. Apply sunscreen fifteen minutes before going into the sun, and reapply every two hours. **Protective clothing and sunscreen are provided by the Nassau County Department of Parks, Recreation and Museums. Lifeguards must wear sunglasses while on duty.** Avoid products such as baby oil, cocoa butter or skin oils which do not protect against sunburn. In addition to reducing your exposure, examine yourself regularly. **NOTE: There are no safe UV rays or safe suntans.**

### **Skin Cancer Self-Examination**

It's important to examine your body monthly because skin cancers detected early can almost always be cured. The most important warning sign is a spot on the skin that is changing in size, shape or color during a period of one month to one or two years.

Skin cancers often take the following forms:

- Pale, wax-like, pearly nodules.
- Red, scaly, sharply outlined patches.
- Sores that don't heal.

- Small, mole-like growths – melanoma, the most serious type of skin cancer.

**If you find such unusual skin changes, see a health care professional immediately.**

Also advise you employer of any sun related condition or medical diagnosis.

§ 2. All lifeguards who receive the informational form pursuant to paragraph 1 of this ordinance shall verify their receipt of the same by signing a form acceptable to the Commissioner of the Department of Parks, Recreation and Museums. The form must be kept on file by the Department for the duration of the summer season for which the informational form was disseminated.

§ 3. It that it is hereby determined, pursuant to the provisions of the State Environmental Quality Review Act, 8 N.Y.E.C.L. Section 0101 et seq. and its implementing regulations, Part 617 of 6 N.Y.C.R.R., and Section 1611 of the County Government Law of Nassau County, that this budget transfer is a “Type II” Action within the meaning of Section 617.5(c)(20) of 6 N.Y.C.R.R. “Routine or continuing agency administration and management, not including new programs or major reordering of priorities that may affect the environment”), and, accordingly, is a class of actions which does not have a significant effect on the environment; and no further review is required.

§ 3. This ordinance shall be effective immediately.