



Sample Sun Safety Policy for Schools

Introduction: _____ is committed to protecting the health and safety of students and staff while providing and encouraging appropriate physical activities and opportunities. Students and staff spend time in the sun during school hours and before and after school in recreation and sports programs. Local weather and environmental conditions are often at intensities that may result in negative health consequences, so our school recommends students and staff use the following protective measures.

Rationale: Too much sun exposure can be dangerous. Overexposure to the sun's ultraviolet rays seriously threatens human health. Besides the immediate effect of sunburn, exposure to excess UV (ultraviolet radiation) can cause a potentially fatal skin cancer, immune system suppression, premature aging and cataracts. Children are especially susceptible to harmful ultraviolet radiation and childhood exposure is a primary indicator for developing skin cancer later in life. About 1 in 5 Americans will likely develop skin cancer during their lifetime, despite the preventable nature of the disease. Educating children about sun safety and protection is crucial to reducing skin cancer in our state.

Policy & Guidelines: The following precautions will be taken for all outdoor activity and physical activity including but not limited to: recess, physical education classes, field trips, club meetings, after-school and before-school activities, athletic practices and competitions. Students and staff are encouraged to protect skin with sunscreen SPF 30+, lip balm, hats, sunglasses, clothing, shade, and to limit exposure to UV rays outdoors during peak midday hours.

Attribution: Following the recommendation of the Centers for Disease Control & Prevention, the National School Boards of Education, American Academy of Dermatology and the American Academy of Pediatrics, we hereby create this policy as of _____, _____.