

Sample Ultraviolet (UV) Index Preparedness Guide

Role of Teachers, Coaches, Intramural Supervisors

- Prior to outside physical activities check the Ultraviolet (UV) index and cancel and/or make accommodations to activities where the sun's rays may pose a hazard to students.
- Actions that Must be Taken:
 - Teachers, coaches, intramural supervisors must inform students about the harmful effects of the sun, how to protect themselves and encourage students to take precautions, by:
 - wearing a hat;
 - wearing sunglasses;
 - applying sunscreen; and
 - limiting the amount of time in the sun when the UV index is greater than 5.