

# Sample Ultraviolet (UV) Index Preparedness Guide

## Role of Teachers, Coaches, Intramural Supervisors

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- 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.