

Sun Safety and Use of Sunscreen

We are 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, including sunburns.

Too much sun exposure can be dangerous. Overexposure to the sun's ultraviolet (UV) radiation seriously threatens human health. In addition to the immediate effect of sunburn, exposure to excess UV radiation can cause a potentially fatal skin cancer, immune system suppression, premature aging and cataracts. Children are especially susceptible to harmful UV radiation and childhood exposure and sunburns in childhood are a primary indicator for developing skin cancer later in life.

Educating children about sun safety and making sun protection a part of school culture is crucial to protecting our children and youth.

During **all outdoor activities** including but not limited to: PE Classes; Athletic Practices and Competitions; Field Trips; Before- and After-School activities; Recesses; and Club Meetings, Lyon County School District students and staff are allowed and encouraged to use the following protective measures:

- Wear protective clothing, including hats and sunglasses
- Apply SPF 30+ sunscreen and reapply at least every two hours
 - Students may bring and apply their own sunscreen
 - Schools at their discretion may provide sunscreen for students and staff
- Apply and reapply SPF lip balm
- Access shade when outdoors, as appropriate
- Limit exposure during peak midday hours, as possible and as appropriate

REF: NRS 392 and the recommendation of the Centers for Disease Control & Prevention, the National School Boards of Education, American Academy of Dermatology, the American Academy of Pediatrics, the Nevada School Boards Association, Nevada Dermatology and Dermatologic Surgery Association, Nevada Cancer Coalition