

# Appendix F-5

## Sample UV Index Preparedness Guide

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The UV Index was developed to help Canadians protect themselves from the sun's damaging UV (ultraviolet) rays (e.g., sunburn, eye cataracts, skin cancer). The higher the UV Index the stronger the sun's rays, and the greater the need to take sun precautions and limit the amount of time in the sun. In Canada the UV Index ranges from 0 – 11+.

### **UV INDEX**

Exposure Category:

- Low = 0-2
- Moderate = 3-5
- High = 6-7
- Very High = 8-10
- Extreme = 11+

### **CHECKING THE UV INDEX**

The UV index will be communicated in your local weather report when the index is 3 or higher.

### **ROLE OF TEACHERS, COACHES, INTRAMURAL SUPERVISORS**

Where appropriate, prior to outside physical activities check the UV index and cancel and/or make accommodations to activities where sun's rays pose a hazard to students.

## **ACTIONS TO BE TAKEN**

Teachers, coaches, intramural supervisors are to inform students about the harmful effects of the sun, how to protect themselves and encourage students to take precautions, where appropriate by:

- wearing a hat;
- sunglasses;
- application of sunscreen;
- limiting the amount of time in the sun when the UV index is greater than 5.

Source: Environment Canada, 2017