

# CSBA Sample Board Policy

Students

BP 5141.7(a)

## SUN SAFETY

Note: The following **optional** policy may be revised to reflect district practice.

The Governing Board recognizes that overexposure to ultraviolet (UV) radiation from the sun and artificial sources such as sunlamps and tanning beds is linked to the development of skin cancer, eye damage, premature aging, and a weakened immune system and that children are particularly vulnerable to the effects of overexposure. The Board desires to support the prevention of excessive UV radiation exposure by students and to assist students in developing sun-safe habits to use throughout their lives.

The Superintendent or designee shall establish a developmentally appropriate prevention/intervention program for grades K-12 to prevent student overexposure to UV radiation. He/she may coordinate sun safety and UV radiation education and policy efforts with the California Department of Health Services, the local health department, and other local agencies and/or community organizations. He/she shall involve students, parents/guardians, and the community in support of such school-based programs.

*(cf. 1020 - Youth Services)*  
*(cf. 5141.6 - Student Health and Social Services)*

Note: The following **optional** paragraph may be modified to reflect district practice.

The Superintendent or designee shall incorporate sun safety elements into the curriculum in order to increase students' understanding of the health risks associated with overexposure to UV radiation from the sun or artificial sources and to encourage students to engage in preventive practices.

*(cf. 6142.8 - Comprehensive Health Education)*

Students shall be encouraged to take reasonable measures to protect their skin and eyes from overexposure to the sun while on campus, while attending school-sponsored activities, or while under the supervision and control of district employees.

*(cf. 6142.7 - Physical Education)*  
*(cf. 6153 - School-Sponsored Trips)*

Note: Although items #1 and #3 below reflect Education Code 35183.5 which "allows" students to take certain actions, any of items #1-4 below may be revised at the district's discretion to instead "encourage" students to take these actions.

To encourage and assist students to avoid overexposure to the sun when they are outdoors:

**SUN SAFETY** (continued)

Note: Education Code 35183.5 requires that students be allowed to wear sun-protective clothing, as provided in item #1 below. Education Code 35183.5 does give schools discretion to prohibit specific clothing or hats determined to be gang related or inappropriate; see AR 5132 - Dress and Grooming.

1. Students shall be allowed to wear sun-protective clothing, including, but not limited to, hats. (Education Code 35183.5)

(cf. 5132 - Dress and Grooming)

Note: Because sunglasses are not specifically mentioned in the description of sun-protective clothing in Education Code 35183.5, the district may choose to adopt language to clarify that sunglasses will be allowable, as provided in **optional** item #2 below.

2. Students shall be allowed to wear UV-protective sunglasses outdoors.
3. Students shall be allowed to use sunscreen during the school day without a physician's note or prescription. (Education Code 35183.5)

Note: The following paragraph is **optional**. Pursuant to Education Code 35183.5, schools may set rules related to the use of sunscreen during the school day. Information provided by the California Department of Health Services indicates that applications of sunscreen 15-20 minutes before going outside would provide the maximum protection. Education Code 35183.5 specifies that nothing in this law requires school personnel to assist students in applying sunscreen.

Those students using sunscreen shall be encouraged to apply sunscreen at least 15-20 minutes prior to any outdoor activity that will require prolonged exposure to the sun. School personnel shall not be required to assist students in applying sunscreen.

Note: Item #4 below is **optional**.

4. Students shall be allowed to use UV-protective lip balm.

Note: The following paragraph is **optional** and should be modified to reflect district practice.

The Superintendent or designee shall evaluate the adequacy of shaded and/or indoor areas for recreation at each school and shall consider the provision of sufficient shaded areas in plans for new construction or modernization of facilities.

(cf. 7000 - Facilities Master Plan)

Note: The UV Index was developed by the National Weather Service and the U.S. Environmental Protection Agency to predict the next day's UV radiation levels on a scale ranging from 1 (low risk of harm from solar UV radiation) to 11+ (extreme risk). See the management resources for a web site to access the daily index by zip code or city.

**SUN SAFETY** (continued)

The Superintendent or designee may monitor the UV Index and modify outdoor school activities with regard to the risk of harm associated with the Index level.

Staff shall be encouraged to model recommended sun-safe behaviors, such as avoiding excessive sun exposure, using sunscreen, and wearing hats and other sun-protective clothing.

The Superintendent or designee shall inform school staff and parents/guardians of the district's sun safety measures and shall encourage parents/guardians to provide sunscreen, lip balm, hats, and other sun-protective clothing for their children to use at school. The Superintendent or designee also may provide information to parents/guardians about the risks of overexposure to UV radiation and preventive measures they may take to protect their children during nonschool hours.

*Legal Reference: (see next page)*

## SUN SAFETY (continued)

### *Legal Reference:*

#### EDUCATION CODE

35183.5 Sun protection

51210 Courses of study, grades 1-6

51220 Courses of study, grades 7-12

51890-51891 Comprehensive health education programs

### *Management Resources:*

#### CSBA GOVERNANCE AND POLICY SERVICES BRIEFS

*Sun Safety in Schools*, July 2006

#### CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

*Health Framework for California Public Schools: Kindergarten Through Grade Twelve*, 2003

#### CALIFORNIA DEPARTMENT OF HEALTH SERVICES PUBLICATIONS

*School Systems: The Importance of Promoting and Providing Sun Protection*, 2006

*California Early Childhood Sun Protection Curriculum*, rev. April 1999

#### CALIFORNIA STATE PTA RESOLUTIONS

*Sun Safety: Skin Cancer Prevention Measures at School*, May 1, 2005

#### CENTERS FOR DISEASE CONTROL PUBLICATIONS

*Guidelines for School Programs to Prevent Skin Cancer*, April 26, 2002

#### NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION

*Fit, Healthy and Ready to Learn: Part II: Policies to Promote Sun Safety and Prevent Skin Cancer*, 2002

#### WORLD HEALTH ORGANIZATION PUBLICATIONS

*Sun Protection and Schools: How to Make a Difference*, 2003

*Sun Protection: A Primary Teaching Resource*, 2003

#### WEB SITES

American Association for Health Education: <http://www.aahperd.org/aahe>

American Cancer Society: <http://www.cancer.org>

American School Health Association: <http://www.ashaweb.org>

California Department of Education, Health Services: <http://www.cde.ca.gov/ls/he>

California Department of Health Services, Skin Cancer Prevention Program:

<http://www.dhs.ca.gov/ps/cdic/cpns/skin>

California State PTA: <http://www.capta.org>

Centers for Disease Control and Prevention: <http://www.cdc.gov>

National Association of State Boards of Education: <http://www.nasbe.org>

National Council on Skin Cancer Prevention: <http://www.skincancerprevention.org>

National Safety Council, Environmental Health Center: <http://www.nsc.org/ehc/sunSAFE.htm>

Sun Safety for Kids: <http://www.sunSAFETYforkids.org>

U.S. Consumer Product Safety Commission: <http://www.cpsc.gov>

U.S. Environmental Protection Agency, Sunwise Program: <http://www.epa.gov/sunwise>

UV Index: <http://www.epa.gov/sunwise/uvindex.html>

World Health Organization: <http://www.who.int>