



## Dubuque School District Sun Safety Protocol

The Dubuque Community School District Health Services, along with the Iowa Department of Education, the Food and Drug Administration, the U.S. Centers for Disease Control and Prevention, among other organizations recognizes that the sun's ultraviolet (UV) radiation can cause skin cancer. Exposure to UV radiation during childhood and adolescence plays a role in the future development of both melanoma and basal cell cancers. To help prevent the development of skin cancer, students shall receive instruction, encouragement, and environmental support to avoid overexposure to the sun when they are outdoors. Accordingly, the district recommends that schools implement a sun safety program that addresses the following elements.

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### **Hats and Protective Clothing**

Students shall be allowed to wear articles of sun-protective clothing, including hats, when outdoors. Schools may specify the type(s) of clothing and hats that are, or are not, permissible on campus. The principal or designee may assess school uniforms, including physical education uniforms, to determine if and how they might be modified to better protect students from exposure to UV rays.

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### **Sunscreen and Lip Balm**

Students shall be allowed to use sunscreen and/or sun-protective lip balm. Parent permission will be obtained according to the district medication policy.

### **Sunglasses**

When students are outdoors they shall be allowed to wear sunglasses that protect the eyes from UV rays. Schools may specify the type(s) of sunglasses that are, or are not, permissible on school grounds.

### **School Environment**

The principal or designee of each schoolsite shall survey the school campus to identify existing shaded areas, and non-shaded areas where the addition of shade would be practical and desirable. Priority shall be given to including ample shade in new construction plans and adding shade when remodeling school facilities.

**Shade Options**

During the times outdoors, the principal or designee shall optimize shade options for students and personnel, and shall encourage the utilization of existing shaded or indoor areas for congregation and recreation. As resources permit, outdoor activities shall be preferentially scheduled to occur before 10:00 a.m. or after 2:00 p.m., but primarily attempting to avoid the 1-hour period closest to the noon hour other than recess. However, scheduling constraints shall not reduce the total time students engage in physical education or activity.

**Instruction**

The district's health curriculum provides education at each grade level that relates to skin cancer, including information about the harmful effects of UV rays and recommended practices for preventing skin cancer.

**Parent/Guardian Communication**

Schools shall inform parents and guardians about the importance of, and strategies for, preventing skin cancer, and shall alert them that the risk of developing skin cancer is highest for individuals with lightly or moderately pigmented skin. The communication shall include, but shall not be limited to, details of the school policy relating to hats, sun-protective clothing, sunscreen usage, uniforms, and sunglasses. Schools shall also urge families to reinforce sun-safe behavior outside the school and to support the school's sun safety programs. Parents will be notified of outdoor activities that would necessitate sun protection and permissions will be obtained as needed.

**Personnel**

All personnel shall be educated about skin cancer's impact and prevention, including sun protection methods. Employees shall be strongly encouraged to protect themselves from overexposure to the sun and to model sun-safe behavior for students.

**Health Services**

School nurses, health educators, and health office staff shall promote, reinforce, and support sun protection and skin cancer prevention efforts for students and their families, and for personnel.

**Evaluation**

Schools shall evaluate and revise sun safety programs, and address identified shade needs, annually.