

Will Geer Theatricum Botanicum

SUN EXPOSURE POLICY

Overexposure to ultraviolet (UV) radiation is the primary environmental risk factor in the development of UV-related health effects. Education about sun safety is a vital step toward reducing risk and improving public health. Children are of particular concern, since unprotected exposure to the sun during youth puts them at increased lifetime risk for skin cancer. Other adverse health effects resulting from overexposure to UV radiation include eye damage and cataracts, immune system suppression and premature aging of the skin.

SUGGESTED ACTION:

- **Do not Burn**
Overexposure to the sun is the most preventable risk factor for skin cancer.
- **Generously Apply Sunscreen**
Apply sunscreen to all exposed areas of the skin, using a Sun Protection Factor (SPF) of at least 15 that provides broad-spectrum protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply every two hours, even on cloudy days, and after swimming or sweating.
- **Wear Protective Clothing**
Wear protective clothing, such as a long-sleeved shirt, pants, wide-brimmed hat and sunglasses.
- **Seek Shade**
Seek shade when possible, remembering that the sun's UV rays are strongest between 10 am and 4 pm.
- **Use Extra Caution Near Water Snow and Sand**
Water, snow and sand reflect the damaging rays of the sun, which can increase your chance of sunburn.

RESPONSIBILITIES:

Though parents have a prime responsibility to teach sun-safe behavior to their children, Theatricum shall set an example by following the suggested actions above. Students, especially children, shall be encouraged by our staff and Program Managers to follow sun safety practices and be encouraged to wear sunscreen, hats and protective layered clothing. Areas where children are engaged in Theatricum activities and classes shall be provided with shade when practical.