

# Weather-Ready Coaching



## UV Index

Ultraviolet (UV) rays can cause sunburn and eye damage in any season, and in the long-term can lead to cataracts, weakened immunity, and skin cancer. The higher the UV Index, the stronger the sun's rays. Snow and water sports need extra caution, as reflected UV can nearly double exposure.



Understanding the weather helps coaches to spot risks, plan ahead, and act quickly to keep everyone safe.

### Be Prepared



#### Check ahead

Review the UV Index on the **WeatherCAN** app before planning outdoor activities.



#### Use shade

Seek shade whenever possible or create your own (e.g., umbrella, canopy, team tent).



#### Choose your gear

Wear clothing that covers as much skin as possible and a wide-brimmed hat. Use sunglasses or sports eyewear with UV protection.



#### Apply sunscreen

Encourage participants to use at least SPF 30+ broad-spectrum, water-resistant sunscreen. Apply before arriving and reapply as directed or more when sweating.

# Monitor

The UV Index measures the strength of the sun’s UV rays. As the UV increases, the sun’s rays can do more harm to your skin, eyes, and immune system..

UV Index	Risk	Guidance for Outdoor Activity
0 - 2	Low	Minimal risk, except on bright, snowy days. Reflection off snow can nearly double UV strength. Wear sunglasses, cover your skin and use sunscreen if you are outside for more than one hour during bright, snowy days.
3 - 5	Moderate	Take precautions – cover up, wear a hat, sunglasses and sunscreen – especially if you will be outside for 30 minutes or more. Look for shade near midday when the sun is strongest.
6 - 7	High	Protection required. Reduce time in the sun between 11 a.m. and 3 p.m., and take full precautions – seek shade, cover up, wear a hat, sunglasses and sunscreen.
8 - 10	Very High	Extra precautions required – unprotected skin will be damaged and can burn quickly. Avoid the sun between 11 a.m. and 3 p.m., and take full precautions – seek shade, cover up, wear a hat, sunglasses and sunscreen.
11+	Extreme	Take full precautions – unprotected skin will be damaged and can burn in minutes. Avoid the sun between 11 a.m. and 3 p.m., cover up, wear a hat, sunglasses and sunscreen. White sand and other bright surfaces reflect UV and increase UV exposure.

# Take Action



**Modify**

Move your session to a shaded area when the UV Index is high.



**Plan shaded breaks**

Schedule hydration, time to re-apply sunscreen and rest breaks in shaded areas.



**Observe**

Consider modifying or postponing full-sun activities when the UV Index is 8+.

This project was undertaken in partnership with the Government of Canada.  
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Download the WeatherCAN app or visit [Canada.ca/weather](https://Canada.ca/weather) for local, up-to-date weather information in Canada.

