

Play it a shade safer when playing watching sports!

Sun protection tips for **ATHLETES** and **SPORTS SPECTATORS**

While many of us remember sun protection when heading to the beach or outdoor swimming pool, we sometimes forget when it comes to participating in or attending a sporting event. **Sun protection is easy and should be a part of your healthy lifestyle. Here are a few tips.**

Time of day

The sun's rays are most powerful and can harm your skin particularly from 11 am to 4 pm. Try to **SCHEDULE** your sporting activities or training before 11 am or after 4 pm if possible. Since people watching sport are often out in the sun longer than athletes and through parts of the day when the sun is strongest, extra **PRECAUTION** should be taken.



Shade

SEEK SHADE from trees, awnings or buildings wherever possible. If there is little shade at a sporting event, bring your own shade such as an umbrella or portable tent. Ask your club committee to consider building a shade structure or planting shade trees.

Clothing

Wear **CLOTHING** that covers as much of your skin as possible. Choose materials that are light and cool, such as cotton or lightweight synthetics. Shirts with collars help protect your neck. Wear a wide brimmed or legionnaire-style **HAT** (with a back flap). Baseball caps don't protect the ears or the vulnerable neck area. Don't forget **SUNGLASSES**. 100% UV protection, wraparounds are best.

Sunscreen

Apply a broad spectrum, SPF 15 or higher **SUNSCREEN** 15 to 30 minutes before going out. Reapply sunscreen to exposed sites 15 to 30 minutes after sun exposure begins and then every two hours, especially after vigorous activity or sweating. Don't forget to use an SPF 15 or higher **LIP BALM**. Choose a waterproof or sweatproof sunscreen if you are in the water or will be sweating. Some "sport" sunscreens are now available and work well.

For more information, consult www.dermatology.ca