



Canadian Dermatology Association Association canadienne de dermatologie

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 can harm your skin from 11 am to 4 pm. Try to **SCHEDULE** your sporting activities or training before or after these times if possible. Be aware that people watching sports are often out in the sun longer than athletes and through parts of the day when the sun's rays are strongest (noon to 2 pm).



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 tightly-woven materials that are light and cool, such as cotton or lightweight synthetics. Shirts with collars help protect your neck. Wear a wide brimmed **HAT**. Don't forget to apply sunscreen on the face, neck and ears if wearing a baseball cap. Wear **SUNGLASSES**. 100% UV protection, wraparounds are best.

Sunscreen

Apply a broad spectrum, SPF 30 or higher **SUNSCREEN**. Reapply after vigorous activity or sweating. Choose a water resistant sunscreen if you are in the water or will be sweating. Don't forget to use an SPF 30 or higher **LIP BALM**.

For more information, consult www.dermatology.ca