



# Sun Safety

## Outdoor Sports and Recreation

### Did you know?

- Outdoor sports are often held when the sun's ultraviolet (UV) rays are very strong.
- Water, sand, concrete and snow can reflect and increase the sun's UV rays.
- Most people get their most serious sunburn while participating in outdoor recreational activities. **Sunburns increase the risk of skin cancer.**

### Sun exposure and your skin & eyes

Exposure to UV rays can lead to:

- Skin cancer
- Skin damage
- Sunburns
- Eye lesions
- Cataracts
- Retinal Burns

**PEOPLE** playing **OUTDOOR SPORTS** and **SPECTATORS** are at increased **RISK** of **SKIN CANCER**.

## Protect your skin and eyes from the sun

- 1 Time of Day:** If you can, limit time in the sun when the UV Index is 3 or higher, usually between 11 a.m. to 3 p.m.
- 2 Shade:** Seek shade or make shade by using an umbrella, a UV protective tent or pop-up shade shelter.
- 3 Cover Up:** Wear clothes that cover as much skin as possible or UV-protective clothing. Wear a wide brimmed hat or baseball cap with flaps that cover the head, neck and ears.
- 4 Sunscreen:** Apply plenty of sunscreen with SPF 30 or more, labelled 'broad spectrum' and 'water resistant'. Reapply when needed (especially after swimming, sweating, or towelling). Use a sunscreen lip balm.
- 5 Sunglasses:** Wear close fitting/wrap-around sunglasses with UV 400 or 100% UV protection.

### Things to avoid

- Getting a tan or a sunburn.
- Exposing yourself to UV rays to meet vitamin D needs. Use food or supplements instead.

