

# SAFE IN THE SUN



Endurance athletes, don't let the sun outrun you!

Training outdoors boosts your Vitamin D, but also ups your UV exposure. More sun means more risk of sunburn, early aging and even skin cancer, not what you want.

## **Why athletes are at a higher risk:**

Long hours training or competing outdoors and in the sun

UV rays still hit on cloudy days

Sand reflects rays....yes even the long jump pit!

Did you know sweat increases your skin's sensitivity to the sun, therefore increasing the risk of sunburn?

Even coaches are at risk too!

## **So what can you do to protect your skin?**

Apply a sunscreen with SPF 30 or higher, some companies manufacture sport specific ones and reapply every 2 hours

Wear protective clothing, hats/caps and long sleeve tops

Protect your eyes by wearing sunglasses that block 100% UVA and UVB, sun damage.

Educate yourself about the dangers of sun exposure.

Regularly examine your skin for any changes.

## **SHIELD YOUR SKIN**

## **BLOCK THE BURN, NOT THE FUN!**