

☒ **Helmet**

☒ **Pads**

☐ **Sun Protection?**

SPORTS

Sun Safety

FOR COACHES, ATHLETES & SPECTATORS



Seek Shade

The sun's rays are strongest from 11am-4pm. Schedule activities before/after these times whenever possible, or bring your own umbrella or portable tent to create shade.



Slip on a Shirt

Protect your skin with clothing, choosing tight-woven materials that are light and cool. Wear UV protective sunglasses, and a hat that covers your face, neck and ears.



Slap on Sunscreen

Apply sunscreen 20 minutes BEFORE exposure. Apply a broad spectrum SPF 30 or higher. Reapply every 2 HOURS or after swimming or sweating.



For more sun safety tips visit



saveyourskin.ca