



**! ATTENTION
ATHLETES
PUT SUNSCREEN
IN YOUR
EQUIPMENT BAG**



ATHLETES
are at **HIGHER RISK.** **WHY?**

• **MORE TIME** in the **SUN**—practices & games.

• **SWEATING** increases **PHOTOSENSITIVITY**
and **RISK OF SUNBURNS.**

• Sunscreen **COMES OFF** when you **SWEAT.**

• UV rays **REFLECT OFF** playing surfaces:
sand, concrete, light surfaces, water and snow.

Prevent **SKIN DAMAGE**
and early onset of
wrinkles, brown spots,
eye ailments and
skin cancer.

Athletes receive
**MORE ULTRAVIOLET
RADIATION (UV)**
exposure than the
average person.

HOW TO USE SUNSCREEN THE RIGHT WAY

1 APPLY
broad-spectrum
SPF 15 SUNSCREEN
20 **MINUTES** before
going outside

2 SLOP on
a generous
amount of
SUNSCREEN

**3 DO NOT RUB IT
IN**—let it **SOAK**
into your skin
for **GREATEST
PROTECTION**

4 REAPPLY sunscreen
at least **EVERY
TWO HOURS,**
more often when
you are **SWEATING**
and **towel**ing off

TIP:

to keep **SUNSCREEN**
from **LEAKING**
INTO YOUR EYES,
smear Vaseline **ABOVE
YOUR BROWS**
before applying
sunscreen



For more information on how you, your friends
and family can live safely with the sun,
visit livesunsmart.org.

