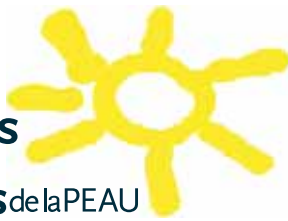




Dermatologists  
Your **SKIN**experts  
Les dermatologues  
VOS **spécialistes** de la PEAU  
Canadian Dermatology Association  
Association canadienne de dermatologie



**20th National Sun Awareness Week**  
**20<sup>e</sup> Semaine nationale de prudence au soleil**

May 26 - June 1 **2008** du 26 mai au 1<sup>er</sup> juin

[www.dermatology.ca](http://www.dermatology.ca) / [www.dermatologue.ca](http://www.dermatologue.ca)

## BACKGROUND: STEPS TO SUN PROTECTION DURING OUTDOOR SPORT AND RECREATIONAL ACTIVITIES

1. If possible, schedule physical activity outdoors before 11 am or after 4 pm when the sun's ultraviolet (UV) radiation is less intense. Use maximum sun protection if outside during this time period, especially between noon and 2 pm, the peak UV period.
2. Seek shade under trees, umbrellas or awnings whenever possible.
3. Plan ahead. Find out what the UV Index rating is forecast to be and use the index to guide your protection.
4. Wear loose, lightweight clothing that covers as much of the body as possible, whenever possible.
5. Wear a hat with a 7.5 cm (3 inch) or wider brim. Hats with flaps of fabric that cover the back of the neck are also recommended. Don't forget sunglasses.
6. Use a sunscreen with an SPF of 30 or higher, which is also broad spectrum. Use a water resistant, sweat resistant or sport sunscreen if you are involved in activities in water or will perspire a lot during the activity. Reapply the sunscreen after swimming, toweling or heavy perspiration. Apply an SPF 30 or higher broad spectrum lip balm.

## BACKGROUND: SUN PROTECTION TIPS FOR:



**GOLFERS:** Choose a high SPF product – 30 – 60 – that offers greater protection as you will be out for more than four hours if playing 18 holes. Use a golf umbrella or golf cart for personal shade. If possible, wait for play in shaded, treed areas.

**KAYAKERS, SNORKELLERS, WAKE BOARDERS, SURFERS AND WATER SKIERS:** Don't forget to apply (and reapply!) a high SPF water resistant sunscreen to the tops of feet, forehead, nose, cheeks, tips of the ears and back of the neck. These areas often get sunburned during water sports.

**RUNNERS, CYCLISTS, TENNIS AND SOCCER PLAYERS:** Choose a sunscreen that is sweat or water resistant and won't run into your eyes or be easily removed when you sweat.

**HIKERS:** If you are hiking in the mountains, be aware that you are at increased risk of sun damage because with every 300 metre increase in altitude, UV radiation levels increase by 4%.

For a high resolution copy of this poster, go to [www.dermatology.ca/sap](http://www.dermatology.ca/sap)

**FOR FURTHER INFORMATION CONTACT:** SUE SHERLOCK • COMMUNICATIONS OFFICER • SUN AWARENESS PROGRAM  
CANADIAN DERMATOLOGY ASSOCIATION • T: 604.985.9184 • C: 604.551.2597 • E: [SSHERLOCK@DERMATOLOGY.CA](mailto:ssherlock@dermatology.ca)