



## Sunsmart for your sport

Outdoor sports and leisure activities are good for our physical and mental health while also being fun.

It can also mean being outside in peak UV times or for long periods of time which can increase your risk of sun damage and skin cancer.

In Ireland, UV (ultraviolet) rays from the sun are strongest from April to September, especially between 11am-3pm. Even when it is cloudy you should protect your skin, as the sun's rays can travel through cloud.

From April to September, take extra care to protect your skin and be SunSmart. Being SunSmart reduces your risk of skin cancer.

You can protect you skin and enjoy the outdoors by following these simple Healthy Ireland SunSmart tips.

### Healthy Ireland Simple SunSmart Tips:

- **Slip** on clothing that covers as much skin as possible while still being comfortable. Wear clothes with long sleeves, breathable sports tops and high collars to protect your neck. Wear close-woven material that does not allow sunlight through.
- **Slop** broad-spectrum sunscreen (UVA/UVB) on exposed areas of skin. Use a sun protection factor (SPF) of at least 30+ for adults and 50+ for kids, with a high UVA protection and that is water resistant. Apply sunscreen at least 20 minutes before heading out and reapply regularly, at least every two hours, more frequently if you are sweating. No sunscreen can provide 100% protection, so should be used alongside clothing that covers skin and use of shade.
- **Slap** on a wide-brimmed or bucket hat to protect your face, neck and ears. Typical baseball-style caps provide no sun protection for the ears and neck, which are particularly vulnerable and often overlooked.
- **Seek** shade. The sun's UV is strongest between the hours of 11am to 3pm so if possible plan outdoor activities early in the morning or late in the afternoon.
- **Slide** on sunglasses. Guard your eyes by wearing wraparound sunglasses with UV protection.