



Athlete Sun Safety

Special Olympics
Newfoundland & Labrador



We want to ensure everyone is equipped to practice sun safety throughout the summer sport season.

Importance for health: Too much exposure to the sun's ultraviolet (UV) rays can cause skin damage, eye damage, immune system suppression, and skin cancer. Practicing sun safety protects you from too much exposure and the associated risks.

Tips:

- Wear your SO hat and sunglasses!
- Your SO bracelet changes from frosted to red from the UV rays. You can use it as a reminder to apply or re-apply sunscreen.
- Make sure you apply sunscreen 15 minutes before going outside and re-apply it throughout the day. Follow all the instructions on your sunscreen label. You may need to re-apply sunscreen more if you are sweating, swimming or towelling off!
- Remember the 5 S's of Sun Safety:

1 SLIP on protective clothing, like a t-shirt 	2 SLAP on a wide brim hat to protect your ears, neck and face 	3 SLOP on SPF 30 or higher to protect your skin 	4 SEEK shade or create your own shade 	5 SLIDE on sunglasses to protect your eyes 
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Finding Shirts for SLIP

When you hold the shirt up to a light, how much light shines through?

Tip: The less light that shines through, the more protection.

Is your shirt a dark or bright colour?

Tip: Dark or bright colours provide better protection than lighter shades.

How much coverage does your shirt provide?

Tip: The more skin your shirt covers, the better your protection.

Is your shirt loose-fitting or tight?

Tip: Loose-fitting is preferable. Tight clothing can stretch and reduce the level of protection.

