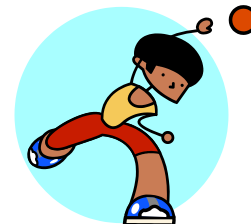


Sun Safety Guidelines for Track and Field Meets

Outdoor sports like track and field are excellent for a student's physical health. While outside, it is important to be protected from the sun. Following a few easy precautions will help to protect students from the sun's harmful rays.



- Seek shade whenever possible; use sun umbrellas and canopies.
- Cover up with a wide-brimmed hat, long sleeved shirt, and long pants as much as possible.
- Apply a generous amount of sunscreen (minimum SPF 15) to all exposed areas 20 minutes before going outside. Ideally, sunscreen should be reapplied 20 minutes later for maximum protection. Thereafter, reapply sunscreen every 2 hours (and more often if swimming or sweating).
- Don't forget to apply sunscreen to the upper back, tips of ears, lips, nose, and neck.
- Sunglasses with 100% UV protection should be worn as much as possible.
- Remember that clouds do not always block the sun's rays, and beware of reflected sun from water, sand, pavement, and walls.
- The sun's rays are strongest between 11 a.m. and 4 p.m. Skin can be damaged very quickly at this time of day.
- To prevent dehydration be sure to drink plenty of water.

Track and field day checklist: What to bring to the track

- Hat
- Long sleeved shirt and pants
- Sunscreen SPF 15 or greater
- Sunglasses
- Plenty of water

