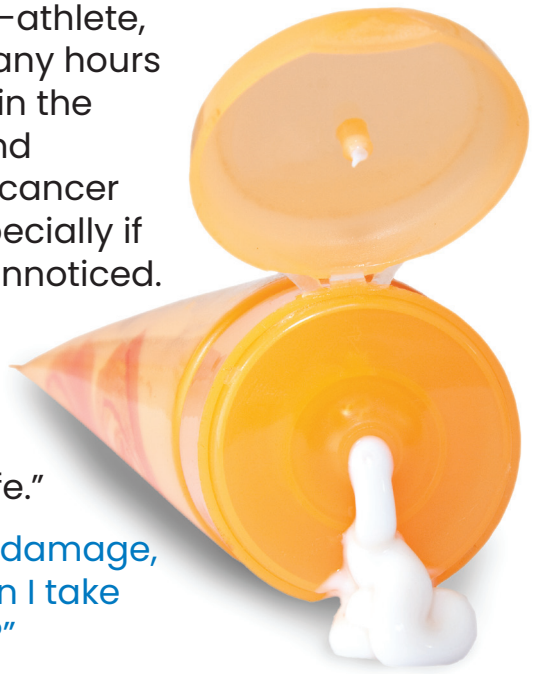


ATHLETICS

SUN PROTECTION

"As a student-athlete, I spend many hours outdoors in the sun at practices and competitions. Skin cancer is a real threat, especially if warning signs go unnoticed. I apply sunscreen before I head outdoors, but I wonder what else I can do to stay safe."

"Am I at risk of sun damage, and what steps can I take to protect my skin?"



KNOW YOUR RISK

UV exposure is the leading risk factor for skin cancer. Other factors that can raise your risk include:

- One or more severe, blistering sunburns.
- Naturally fair skin that burns, freckles or reddens easily, or becomes painful in sunlight.
- Moles, especially a greater number of moles, or moles that look unusual or change.
- The total sun exposure accumulated over your lifetime.
- Artificial UV exposure, including tanning beds.
- A family history of skin cancer and older age.

(Turn over for sun safety tips.)

Information provided by NCAA SPORT SCIENCE INSTITUTE

The NCAA proudly joins the American Academy of Dermatology's "SPOT Skin Cancer" campaign to work toward a world without skin cancer through prevention, detection and care.
www.SpotSkinCancer.org

www.NCAA.org
www.aad.org
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Exposure to sunlight is part of daily life and outdoor sports for student-athletes and athletics staff. Sports often take place at midday, when ultraviolet (UV) radiation is most harmful. This increases the risk for student-athletes, staff and fans. While outdoors, find shade, cover your skin, put on a hat and sunglasses, and use sunscreen.

ENVIRONMENTAL UV RISKS

UV exposure is most dangerous from 10 a.m. to 2 p.m., daylight saving time. These factors also increase UV radiation:

- Latitude nearer the equator.
- Greater altitude.
- Thin cloud cover: UV rays pass through clouds, windshields, windows and light clothing.
- Reflective surfaces such as snow, pavement, water and sand.

SUN PROTECTION TIPS

- Before going outdoors, use broad-spectrum UVA/UVB sunscreen with SPF 30 or higher. Sunlight's UV rays can harm unprotected skin in just 15 minutes.
- Apply a generous golf ball-sized amount (a palmful) evenly over the entire body, including the neck, ears and lips.
- If your hair is thin or thinning, put sunscreen on your scalp and wear a hat.
- Apply sunscreen again every two hours, and after swimming, sweating or drying off with a towel.
- Seek shade when you can and choose shaded places for outdoor activities.
- Wear protective clothing whenever you go outdoors.
- Choose a wide-brimmed hat to shade your face, head, ears and neck. A brim of at least 2 to 3 inches all around is ideal.
- Use wraparound sunglasses that block as close to 100 percent of UVA and UVB rays as possible.
- Avoid tanning beds and other artificial UV light sources.
- Keep yourself well hydrated.

FACTS ABOUT SKIN CANCER

- Watch your skin and know your moles. Have a dermatologist check any mole or spot that changes, itches, bleeds or grows.
- Finding skin cancer early is vital. Check your own skin and see a dermatologist regularly.
- UV exposure causes all skin cancers: basal cell carcinoma, squamous cell carcinoma and melanoma.
- Skin cancer is the most common cancer. More than 3.5 million non-melanoma cases are diagnosed each year in the United States.
- Much skin cancer can be prevented by reducing sunlight exposure, the main source of UV radiation.
- Rates of melanoma have risen for at least the past 30 years.
- Melanoma makes up less than five percent of skin cancer cases, but causes most deaths from skin cancer.
- Sunscreen helps block UV radiation from reaching your skin, but no sunscreen offers complete protection.
- Estimates suggest one in five Americans will develop skin cancer during their lifetime.



MORE GUIDANCE FOR COACHES AND ATHLETICS HEALTHCARE PROVIDERS

- Set an example of safe sun habits.
- Make sunscreen easier for student-athletes to access at every outdoor practice and competition.
- Make sunscreen and protective clothing, such as long sleeves, hats and sunglasses, as essential as sports equipment at outdoor practice.
- Consider providing UPF-rated protective clothing for outdoor athletes' practice and competition uniforms.
- Build sun protection into the routine. Wearing protective clothing and pausing to reapply sunscreen should be as regular a part of practices and competitions as water breaks.