



## **BE SUN SAFE this Spring and Summer and Outrun the Sun**

USA Track & Field is teaming with Outrun the Sun, Inc. to remind track and field athletes about the importance of sun safety. Here are our **TOP TEN SUN SAFETY TIPS** to help keep you safe in the sun:

1. Protect your scalp by wearing a hat. Your hair doesn't protect your scalp and incidence of melanoma of the head and neck is increasing.
2. Wear sunscreen with a sun protective factor (SPF) of 30 or higher.
3. Wear a sunscreen that protects your skin from both UVA and UVB rays.
4. Remember to reapply your sunscreen every two hours (more if you are swimming or sweating.)
5. Check the expiration date of your sunscreen. If it is expired, its active ingredients are not active!
6. Wear sunglasses that protect against UVA and UVB rays and the risk for ocular melanoma.
7. Stay out of direct sun when the rays are the strongest: between 10 am and 4pm.
8. Don't use tanning beds: their ultraviolet rays can increase a person's risk for melanoma by 75%.
9. Wear protective clothing with a built-in UPF factor in the fabric.
10. Remember that a white cotton T-shirt has a UPF factor of only 5 to 7. Wear clothing that is tightly woven and darker in color so less UV radiation reaches your skin.

When it comes to skin cancer, prevention is key. Whether you're a track and field athlete, an official or a spectator, you spend countless hours in the sun. Be sun smart! For more information about skin cancer and sun safety, visit [www.outrunthesun.org](http://www.outrunthesun.org).