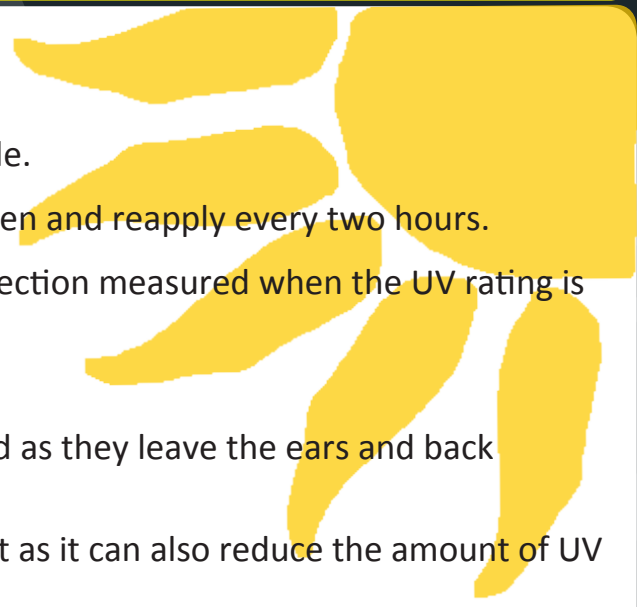




SWIMBIKERUN

Top 10 Sun Smart Tips

1. Slip, slop, slap, seek and slide!
2. Slip on clothing that covers as much skin as possible.
3. Slop on minimum SPF30+ broad-spectrum sunscreen and reapply every two hours.
4. Use sunscreen in combination with other sun protection measured when the UV rating is 3 and above.
5. Slap on a hat that shades the face, ears and neck.
Baseball caps and sun visors are not recommended as they leave the ears and back of the neck exposed.
A broad-rimmed, legionnaire or bucket style is best as it can also reduce the amount of UV radiation reaching your eyes by 50%.
6. Seek shade wherever possible. Staying in the shade is one of the most effective ways to reduce sun exposure.
Whatever you use for shade – trees, built shade structures or some form of portable shade, make sure it casts a dark shadow.
7. UV (ultraviolet) radiation can damage your eyes as well as your skin. Protect your eyes from UV at all times when outdoors during daylight hours.
8. Slide on sunglasses that meet AS 1067 (category 2, 3 or 4). Wear close-fitting and wrap-around sunglasses. For best protection ensure the tag reads Australian Standard 1067:2003 (CATEGORY 2, 3 or 4).
9. Encourage children old enough to wear sunglasses when outdoors.
10. Check the SunSmart app for UV alerts, temperature and times when sun protection is or isn't needed.



SCHOOLS TRIATHLON CHALLENGE

