



## Sun Safety

*Ways to prepare for the sun and how to stay safe on course*

While out on course, you may be in highly reflective environments. The sandy, hot canyons and desert can be just as reflective as the sun reflecting off the water or the snow on the mountains! Sun safety is incredibly important, especially on cold-weather courses. Here are some great tips to staying safe while you are on course!

### Before Course:

- Bring a hat, particularly one with a wide brim!
- Bring (and wear) UV protected sunglasses.
- Physical barriers such as a hat or clothing (especially clothing with UV protection) are always more effective than sunscreen. So, a long sleeve shirt is better than a short sleeve shirt with sunscreen on your forearms.
- Check your medications before you leave for your course, as some can cause higher sun sensitivity, especially acne and antibiotic medications.
- Please check the weather prior to your course at [www.weather.com](http://www.weather.com) to have an idea of what to expect, but keep in mind that weather patterns can change quickly and the weather can be unpredictable in this region.

### During Course:

- Wear sunscreen!
  - Put sunscreen on any area that is exposed to the sun, especially hands, ears, neck, feet, nose, shoulders and lips. You also need to remember to reapply sunscreen at least every two hours, and after every time you get in the water. Waterproof sunscreen is a must on river courses, and always use sunscreen of SPF 30 or higher. Sunscreens that have a higher SPF than 30 don't necessarily provide you with stronger sun protection, but they provide a longer amount of time that you will be protected from the sun.
- Sunburns are more severe and develop more quickly because UV levels are higher at higher elevations. It is easier to get burned at higher altitudes because there is less of the earth's atmosphere to block the sunlight.
  - High-intensity hours for the sun are from 10am-4pm.
  - Remember: Sun damage occurs on cold or cloudy days too.
- Be careful when near water or snow!
  - Both water and snow reflect the sunlight, which can cause more sun damage. You can get sunburns that are just bad out on the highly reflective snow on the mountains as you do on the river. Remember to put sunscreen on the inside and underside of your nose when on the water or on snow.
- Stay hydrated by drinking plenty of fluids.
  - Expect to be drinking 3-4 liters a day on course.

**REMEMBER – Sunburn is easy to prevent! Make sure that you are keeping up with the above tips to keep you happy and healthy out on course.**