

SPORTS

SUN SAFETY



“As a student-athlete, I spend a lot of time outside in the sun during practice and competition. I know skin cancer is a real threat, especially if warning signs aren’t detected right away. I put on sun screen before going outside, but I wonder if there is more I should be doing.”

“How can I tell if I am at risk for sun damage, and what can I do to protect myself?”



ARE YOU AT RISK?

Exposure to UV radiation is the most important risk factor for developing skin cancer. Other risk factors include:

- At least one severe, blistering sunburn.
- A lighter natural skin color and skin that burns, freckles, reddens easily, or becomes painful in the sun.
- Appearance of moles (particularly, an increased number of moles or an atypical or changing mole).
- Total amount of sun exposure during a lifetime.
- Use of artificial UV radiation (tanning beds).
- Family history of skin cancer and increasing age.

(For safety tips, turn the page.)

Information
presented by



The NCAA is proud to join the American Academy of Dermatology's SPOT Skin Cancer™ campaign to create a world without skin cancer through the prevention, detection, and care of skin cancer.

www.SpotSkinCancer.org

www.NCAA.org
www.aad.org

© 2013 American Academy of Dermatology

Exposure to sunlight for student-athletes and athletics staff members is a common part of outdoor athletics activities and daily life. Athletics activities often occur during the midday hours when ultraviolet (UV) radiation is most damaging, putting student-athletes, athletics staff and fans at increased risk. When outdoors, seek shade, cover up, get a hat, wear sunglasses and use sunscreen.

ENVIRONMENTAL RISK FACTORS

The hours between 10 a.m. and 2 p.m. daylight saving time are the most hazardous for UV exposure. Other factors that increase UV radiation:

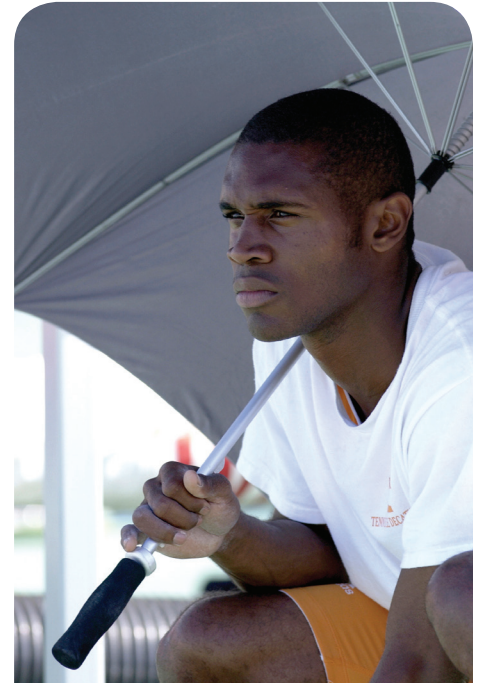
- Latitude (closer to the equator).
- Higher altitude.
- Light cloud coverage (UV rays can get through clouds, windshields, windows and light clothing).
- The presence of materials that reflect the sun (e.g., snow, pavement, water and sand).

PERSONAL SUN SAFETY TIPS

- Apply a broad spectrum (UVA and UVB) sunscreen with an SPF of 30 or higher before going outdoors. Unprotected skin can be damaged by the sun's UV rays in as little as 15 minutes.
- Generously apply a golf ball-sized amount (palm full) of sunscreen to cover the entire body evenly (including neck, ears and lips).
- For those with thin or thinning hair, also apply sunscreen to the scalp and wear a hat.
- Reapply sunscreen every two hours and after swimming, perspiring, and toweling off.
- Stay in the shade whenever possible and choose locations with shade for outdoor activities.
- Always wear protective clothing when outside.
- Wear a wide-brimmed hat to shade the face, head, ears and neck (at least a 2- to 3-inch brim all around is ideal).
- Wear sunglasses that wrap around and block as close to 100 percent of UVA and UVB rays as possible.
- Do not use tanning beds or other artificial sources of UV light.
- Maintain proper hydration.

SKIN CANCER FACTS

- If you see a spot, check the spot. Be aware of your skin and the moles you have. If you see any mole or spot on your skin that is changing, itching, bleeding or growing, see a dermatologist.
- Early detection is crucial; perform self-exams and visit the dermatologist regularly.
- All skin cancers – basal cell carcinoma, squamous cell carcinoma and melanoma – are caused by exposure to UV radiation.
- Skin cancer is the most common cancer with more than 3.5 million cases of non-melanoma skin cancer diagnosed in the United States annually.
- Skin cancer is largely preventable by limiting exposure to sunlight, the primary source of UV radiation.
- Melanoma incidence rates have been increasing for at least 30 years.
- Melanoma accounts for less than five percent of skin cancer cases, but causes a majority of skin cancer deaths.
- Sunscreens help to prevent UV radiation from reaching the skin. However, no sunscreen provides complete and total protection.
- Current estimates are that one in five Americans will develop skin cancer in their lifetime.



ADDITIONAL TIPS FOR COACHES AND ATHLETICS HEALTHCARE PROVIDERS

- Serve as a sun safety role model.
- Improve access to sunscreen for student-athlete use at every outdoor practice and competition.
- Encourage sunscreen and protective clothing (e.g., long sleeve shirts, hats and sunglasses) as indispensable as sports equipment during outdoor practice.
- Consider access to UPF-protective clothing for practice and competition uniforms in outdoor sport athletes.
- Make sun safety behaviors routine, so that wearing protective clothing and taking time out to reapply sunscreen become as much a part of athletics practices and competitions as water breaks.