

Know Your Beach

10. SUN SAFE AT THE BEACH

When going to the beach or great outdoors, there is the need to be sun safe. Too much exposure to the sun can cause serious damage to your skin. Whenever you are going in the sun, take adequate precautions.



SLIP, SLOP, SLAP AND WRAP

- Slip on a shirt.
(preferably a long sleeved shirt)
- Slop on the sunscreen.
(30+ and reapply as needed, especially after swimming)
- Slap on a hat.
(preferably wide brimmed)
- Wrap some UV protective sunglasses around your eyes.

It is also a good idea to avoid direct exposure to the sun during the hottest part of the day - between the hours of 10am and 2pm (11am and 3pm in summer). Try to take advantage of shade when possible. Protective tents are also becoming more and more popular. But, as with umbrellas, take care to ground them properly so they don't fly away at the beach and cause injury to other beach visitors.

DEHYDRATION

When visiting the beach and/or staying out in the sun for extended periods, ensure that you drink plenty of water. You should also avoid alcohol and carbonated drinks as they make you more dehydrated.

SUN SAFETY FOR SURF LIFESAVERS

Surf lifesavers encourage sun safety practices. Our lifesavers no longer stand on the beach for hours wearing only their togs! Today our lifesavers must wear a SPF50 long sleeved shirt and wide brimmed cap on patrol, as well as stand under protective shelters when patrolling our beaches.



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