

Getting active outside? Be Sun Safe, the CDA tells outdoor sporting enthusiasts

OTTAWA, ON – The Canadian Dermatology Association (CDA) wants sun safety to be top of mind for Canadians as they dig out their golf clubs, tune up their bicycles, and head for the water.

The message is timely as warm weather draws more people out of their homes and inspires them to get moving outside.

Warm weather often wakes up the outdoor and sport enthusiast in many of us. But while people are keen about tuning up their bike, making sure they have a helmet and reflective lights, they may not think of sun safety measures like protective clothing, eyewear, and sunscreen, says Dr. Jennifer Beecker, National Chair, Sun Awareness Working Group.

That's why the CDA is sending a reminder to Canadians before they head outdoors, and to raise awareness about practicing sun safety.

“Getting active outdoors is a great health proposition, but people need to think about their skin health too,” says Dr. Beecker. “Along with their sports equipment, people should remember to pack—and use—their sun protection gear. They can also choose to time their activities around peak hours and seek shade as well.”

That means doing things like scheduling an early morning tee-off time, an evening tennis match, and choosing a shaded trail for a bike ride or hike.

Raising awareness to change behaviour

Many people don't apply or reapply sunscreen as often as they should, according to the latest *CDA Sun Awareness Survey*, released in 2016, an online survey of nearly 1,200 Canadians aged 16 or older.

- One half of surveyed Canadians reapply sunscreen after swimming
- One third reapplies after towelling off
- One third applies every 2 hours
- One fifth never reapply sunscreen

Tips for outdoor enthusiasts

Besides avoiding the outdoors during peak UV hours, 11:00 am to 3:00 pm, wearing protective clothing and eyewear, proper sunscreen use is key to blocking harmful UVA and UVB rays.

Aim high. Use a broad-spectrum sunscreen with a sun protection factor (SPF) of at least 30.

Apply generously. Ideally, applying two to three tablespoons of sunscreen over your body and a teaspoon on your face before going out is a good start.

Look for staying power. For water sports, choose a sunscreen with SPF higher than 30. Choose sport and water-resistant sunscreens

Reapply often. It's important to reapply sunscreen regularly, especially if you are in the water, towelling off, or when sweating.

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Sun Awareness Week

The Canadian Dermatology Association has organized the nationwide early summer Sun Awareness Week since 1989. The aim is to educate Canadians about the dangers of too much sun and to help stop the rising incidence of skin cancer in Canada. This year's Sun Awareness Week is Monday, June 5 to Sunday, June 11, and involves a number of events and activities across Canada.

About the CDA

The Canadian Dermatology Association, founded in 1925, represents Canadian dermatologists. The association provides easy access to the largest, most reliable source of medical knowledge on dermatology. CDA exists to advance the science and art of medicine and surgery related to the care of the skin, hair and nails; provide continuing professional development for its members; support and advance patient care; provide public education on sun protection and other aspects of skin health; and promote a lifetime of healthier skin, hair and nails. By doing so, CDA informs and empowers both medical professionals and the Canadian public. To learn more about what the work CDA does visit <http://www.dermatology.ca> or join the conversation on <http://www.Twitter.com/CdnDermatology> or www.Facebook.com/CdnDermatology.

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