



Sunsmart for Tennis Players

Playing tennis is a great way to get outside for some fresh air and have fun.

Enjoying a game gets you moving outside, and is good for your physical and mental health.

From April to September it is important to remember to protect your skin and be SunSmart. Being SunSmart reduces your risk of skin cancer.

In Ireland, ultraviolet rays from the sun are strongest from April to September, especially between 11am-3pm. Even when it is cloudy you should protect your skin as the sun's rays can travel through cloud.

Protect your skin whether it's a short practice session or a long game.

You can protect your skin and enjoy your game by following these simple Healthy Ireland SunSmart tips.

Healthy Ireland Simple SunSmart Tips:

- **Slip** on clothing that covers as much skin as possible while still being comfortable. Wear clothes with long sleeves, breathable sports tops and high collars to protect your neck. Wear close-woven material that does not allow sunlight through.
- **Slop** on broad-spectrum sunscreen (UVA/UVB) on sun exposed areas of skin. Use a sun protection factor (SPF) of at least 30+ for adults and 50+ for kids, with a high UVA protection and that is water resistant. Apply sunscreen at least 20 minutes before play and reapply regularly, at least every two hours. You will most likely be sweating when playing tennis, so will need to re-apply more frequently. No sunscreen can provide 100% protection, so should be used alongside clothing that covers skin and shade.
- **Slap** on a wide-brimmed or bucket hat on the way to a game or when off the court to protect your face, neck and ears. Typical baseball-style caps provide no sun protection for the ears and neck and little for your face. So be extra careful with your sunscreen application if wearing a cap to ensure your skin is protected.
- **Seek** shade between games and sets. Take cover under an umbrella when you break for a drink or to game plan. The sun's ultraviolet rays are typically strongest between the hours of 11am to 3pm so try to arrange training and matches on the court earlier in the morning or later in the evening when it is less intense.

- **Slide** on sunglasses to ensure you can see when serving or lobbying a ball.
Wraparound sunglasses with UV protection will prevent UV rays from damaging your eyes.