



April 2024

Safety Memo

## Sunscreen

Given that our competitors, coaches and supporters will likely spend a great deal of sun during racing season it's vital that everyone takes the appropriate precautions. Namely these are

- Using sunscreen liberally and frequently
- Staying in shade when possible
- Wearing a hat if comfortable

Included in this Safety Memo is an extract from the WBC First Aid presentation.

Rowing Ireland have provided more detailed guidance and you can read their information pamphlet here:

<https://waterfordboatclub.ie/assets/2023/06/Skin-Cancer-Campagin-V2-Final.pdf>

Regards

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WBC Safety Officer

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WBC Captain

## Sunburn

At this stage, you should be aware of the dangers of sunburn causing damage to the skin. These include premature ageing of skin (photoaging), precancerous skin lesions and skin cancer.

### Prevention:

To prevent eye damage ensure sunglasses are UVA and UVB protective. Due to the activity on the water, use tight fitting glasses.

Be aware that some non-prescription medications can make the skin more sun sensitive. For example, some antibiotics, anti-inflammatory drugs such as ibuprofen and cholesterol-lowering drugs.

You can get sunburn on cool or cloudy days. Surfaces such as snow and water can reflect UV rays and burn skin too.

## Sunburn – Sun screen

It is recommended to apply sun screen every two hours and more if swimming or active. This can be a problem in the boat applying greasy oils.

Recommended P20 sun cream by Riemann. It is very water resistant sunscreen that contains photostable UVA and UVB filters. Durable for up to 10 hours from the application. It's not greasy and doesn't sting your eyes when you sweat.

If also applying insect repellent, put it on after the sun screen. You can get a combination of the two products but they are not they are generally recognised as effective (GRASE) by the FDA in the USA.

The Sun Protection Factor (SPF) depends on skin type but generally recommended SPF 30 as a minimum. Sun block (Zinc Oxide) should be used on the more exposed areas of the face like the nose, ears, and lips.

