



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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