



SLIP

on a shirt

SLAP

on a hat

SLOP

on the sunscreen

SLURP

lots of water

SLIDE

on sunglasses



Sun Damage Protection

There are now more deaths from skin cancer in the UK than in Australia. With rates set to treble in the next 30 years, it's never been more important to protect our skin from the sun's harmful UV rays.

True or False? It's better to use the UV index than the temperature to work out how likely I am to burn.

True. The UV index is a measure of the sun's strength. It is not always highest when it's hottest. The UV index is highest around midday, but the maximum temperature is often later in the afternoon. By knowing your skin type and using the UV index you can work out when you need to protect yourself from the sun. Check the UV index forecast for the UK and Europe at www.met-office.gov.uk and click on 'Solar UV index'.

True or False? Sunscreen is all I need to protect myself from the sun.

False. No sunscreen blocks out all of the sun's UV rays. So don't rely on sunscreen alone. When the sun is at its peak the best ways to protect yourself are to seek shade or cover up. Sunscreen should not be used to spend longer in the sun. Use Factor 15+ and reapply often, aim to cover up with T-shirt, hat and sunglasses. Sunburn **can** double your risk of skin cancer.

Remember the back of your neck/legs/arms and also your ears when applying sunscreen.

Those most at risk are people with fair skin, lots of moles or freckles, or a family history of skin cancer. Know your skin type and use the UV Index to find out when you need to protect yourself.

Report mole changes or unusual skin growths promptly to your doctor.



Hydration

The average adult loses around 2.5 litres of water every day through the normal processes of breathing, sweating and waste removal. If we lose more fluid than usual, this tips the balance towards dehydration. The main symptom of dehydration is feeling thirsty. In mild to moderate dehydration, other possible symptoms include:

- Dry mouth, eyes and lips.
- Headache.
- Tiredness, dizziness or light-headedness.



- Decreased urine output.
- Muscle weakness.

When dehydration is more severe, a person may experience:

- Extreme thirst.
- Very dry mouth and eyes.
- Loss of elasticity in the skin, making it look shrivelled.
- Passing small amounts of dark, concentrated urine.
- Sunken eyes.
- Lack of sweating.
- Fast heartbeat.

The key to avoiding dehydration is to eat and drink enough. The Food Standards Agency recommends drinking at least six to eight glasses (around two litres) of **WATER** every day.

REMEMBER: Drinking alcohol causes dehydration!

Generally, alcohol is a diuretic, meaning it increases urination and flushes water from the body. For regular sports participants, fluid intake becomes even more important. During exercise, body temperature increases and we start to sweat. For this reason, water intake needs to be increased to replace the additional fluids lost as sweat.

For every hour of exercise, it's suggested you drink an additional litre of fluid, more if exercising in a warm environment. Try to make sure that you drink plenty of water during games and look out for signs of dehydration in other players.

This is first and foremost a health issue, but it's also a performance issue. Dehydration increases tiredness, slows down reaction time and weakens muscles. The more dehydrated you are, the worse you'll play and there is more likelihood of injury - and many people are most dehydrated at the end of a two-day tournament when the most important games are played!

Chris Moon
BSF Technical Officer and BASU Representative