


Water Safety Awareness with a twist of general summer safeguards:

submitted by George Young 5/25/2017



Five key summer safeguards:

1. The sun emits three types of ultraviolet rays (UV). Knowing the simple lingo in science terms will lead to a better understanding of sun safety awareness. UVA are rays not absorbed by the ozone layer. UVA rays are also known as the "Aging Rays". UVA are the rays that penetrate deep in to the skin and contribute to premature aging. UVC rays do not penetrate the ozone layer. UVB are rays that reach the surface of the skin and are the primary cause of sunburns.
2. If you have ever read the active ingredients on a sunscreen bottle, there is bunch of big words and all the words are science terms which actually do mean something. Without getting into what those best big words are and what % of the big words will lead to a good sunscreen, you might want to take the following approach. What works for me may not work for you... try different sunscreens and if it works and leaves your skin feeling good after, then that's the one for you. A true story to high light this a "Victoria Sam" Story--- Victoria would put on sunscreen lotion and have a red face from the exposure of the sun. I recommended she try a sun screen lotion with a high Zinc Oxide % (Over 10 % is high) and it worked well for her. Personally, I use and recommend a lotion called HeadHunter SPF 30.
3. **True** or false --- The larger number of SPF is better? **False!** According to research done at UC Riverside the magic amount of SPF is **15**. What's more important than the SPF number is applying the lotion evenly and properly. Seeing broad spectrum or multi -spectrum on the bottle of sunscreen is more important than a higher SPF number. A closer look yet is a lotion with 15 SPF screens 93 % of the sun's UVB rays.....A lotion with 30 SPF protects against

97% of the SPF and lotion with 50 SPF protects against 98 % of the sun UVB rays according to the Skin Cancer Foundation.

4. Sunscreen may hinder the skins ability to help create vitamin D. Vitamin D is needed to help buffer the absorption of Calcium. Always keep in mind sunscreen may cause a deficiency of vitamin D.
5. Always apply sunscreen at home, if you leaving for training and will swim short after that. This is a great habit to get in and if you understand why I will say this one will be pretty skin safe for the summer. The key is **applying the sunscreen 15-20 minutes before you are exposed to the sun and or swim**. This is needed for the skin to be able to absorb the ingredients in sunscreen and let it block both the UVB and UVA rays. So as I mention, "Before you leave home to go to the pool" is benchmarked as most swimmers living 10-15 minutes from the pool and arriving 5-10 before training starts. Hopefully you see what I meant....



Wear Sunscreen!