SUN PROTECT™
OCCUPATIONAL & CLINICAL SUN SAFETY

SUN PROTECT SPORT · RUNNERS

Run early. Reapply.

Long runs and race days put you in the sun when UV is high. Start before the midday peak where you can, and keep protection going for the whole distance.

Before you go

SPF 50 on the face, ears, neck, shoulders and legs 15 minutes before the start.

Reapply on the route

Every 2 hours, and after sweating heavily or towel-drying.

Cap and glasses

A peaked cap or visor and wrap-around sunglasses; shade at the finish.



SPF 50 broad spectrum (UVA/UVB). Sunscreen is one of five steps; shade, clothing, a hat and sunglasses matter as much.

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Scan for directions and reapply times
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