SUN PROTECT™
OCCUPATIONAL & CLINICAL SUN SAFETY

SUN PROTECT SPORT · SOCCER

Play the 90.
Protect the 90.

Training and match days on open pitches mean long hours in strong sun for players, coaches, referees and groundstaff.

Before kick-off
SPF 50 15 minutes before the warm-up on the face, ears, neck, arms and legs.

At half time
Reapply at the break and after sweating heavily or towel-drying.

Bench and sideline
Shade for the bench, water breaks and hats for coaches and subs.

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shade · **shirt** · **hat** · **SPF 50** · **sunglasses**

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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