



SUNSMART ANNOUNCEMENTS FOR SPORT

Announcements at Sporting events are a good way to remind participants, officials and spectators to be SunSmart and protect their skin when the levels of Ultraviolet (UV) radiation reach 3 and above, but especially between September and April 10AM-4PM

MIX AND MATCH MESSAGES TO SUIT YOUR EVENT!

1. Kia ora, team. While you're smashing goals on the field or court, don't forget to protect your skin. Slip on a shirt, slop on some sunscreen, slap on a bucket or wide brimmed hat, and wrap on some sunnies. It's the Kiwi way to stay safe in the sun.
2. Sun's out and so are we, but UV rays don't take a break. Re-apply sunscreen every two hours when outdoors, even on cloudy days and especially if you're sweating or swimming. Your future self will thank you!
3. Hey athletes, officials and spectators, shade is your best mate today. Find a cool spot under a tree, shade tent or shade from a building and give your skin a breather from the sun.
4. New Zealand's UV is strong, even on cloudy days. You can't see or feel UV so If you're outdoors, you're exposed. Cover up to protect your skin and stay SunSmart.
5. Quick reminder: sunscreen is available here today from INSERT LOCATION. Help yourself, apply generously and re-apply every 2 hours to keep your skin protected while enjoying the action.
6. Kids and adults alike, sunburn is no fun. Make sun protection part of your game plan. Remember to use sunscreen, hats, sunglasses, cover up and use shade.
7. Whether you're in the heart of the action or cheering from the sidelines, sun safety is for everyone. Let's keep the action going without sunburn slowing things down! Cover up and seek shade.
8. Be prepared: Apply a broad spectrum sunscreen with an SPF of at least 30, twenty minutes before going outdoors and re-apply every 2 hours.
9. If shade is limited, a bucket hat or wide brimmed hat is a good way to protect your face, neck and ears from the sun's rays. Caps and visors don't provide good protection so remember to apply sunscreen each 2 hours and use shade if wearing a cap or visor.