



HIGH SCHOOL STUDENT-ATHLETE WELLNESS PROGRAM

- **PURPOSE:** To create awareness amongst NJ high school spring athletes on the importance of applying sunscreen while enjoying a healthy outdoor lifestyle
- **ACTION:** Provide sunscreen to all NJ high school spring sports athletes and educate them on the importance of behaving responsibly while enjoying outdoor activities and to modify behavior to make sunscreen application a normal part of their pre-game routine

“Every locker room should have sunscreen right up there next to the Gatorade.”

—Brian Adams, MD, a sports medicine specialist at UC and a part-time high school coach



SUNSMART PROGRAM

Young Athletes

- The American Academy of Dermatology recommends avoiding sun exposure from 11 a.m. to 4 p.m. This is exactly the times when most teams are out practicing
- Outdoor athletes are also in double jeopardy, because sweating exacerbates their risk
- The NCAA has medical guidelines for student athletes, but using sunscreen in outdoor athletics, which is very, very important, just isn't part of the culture
- Forty-six percent of 139 athletes who gave reasons for not using sunscreen blamed lack of availability, and 33 percent thought they didn't need it because of various misconceptions. Others said they didn't consider the weather hot enough for sunburn

