



# SUN PROTECTION GUIDELINES FOR VOLUNTEERS AND RIDERS



- SEEK SHADE, ESPECIALLY DURING MIDDAY HOURS (10:00 A.M.—4:00 P.M.), WHEN UV RAYS ARE STRONGEST AND DO THE MOST DAMAGE.
- COVER UP WITH TIGHTLY WOVEN, LOOSE-FITTING CLOTHING TO PROTECT EXPOSED SKIN
- WEAR A HAT WITH A WIDE BRIM TO SHADE THE FACE, HEAD, EARS, AND NECK.
- WEAR SUNGLASSES THAT WRAP AROUND AND BLOCK AS CLOSE TO 100% OF BOTH UVA AND UVB RAYS AS POSSIBLE
- RUB ON SUNSCREEN WITH SUN PROTECTIVE FACTOR (SPF) 15 OR HIGHER, AND BOTH UVA AND UVB PROTECTION

*According to the FDA, UV exposure from the sun increases the risk of skin cancer, premature skin aging, and other skin damage. In compliance with the FDA and the American Academy of Dermatology, Spirit Therapies supports the recommendation that it is important to decrease UV exposure by following the guidelines above.*