

Sun

- Bad!
- Prevention: Use SPF of 40 or more (debate re: how much difference there is above 40) applied every 4 hours with some exception of Bullfrog and Zinc Oxide (attention to PABA sensitivity)
- **Basic Treatment:** Avoidance of further injury via sunscreens and application of lubricants including 100% Aloe and Lanolin. True sun poisoning results in needing oral steroids and will eliminate the athlete from competition.

Sun Blinding

- Not uncommon due to the intensity of the sun as well as reflection off of the water with frequent sighting.
- Symptoms: Tearing and burning
- Avoidance: Mirrored goggles
- **Basic Treatment:** Liquid tears without preservatives