

rfbyc

Dinghy Safety

A MESSAGE FROM ROYAL FRESHWATER BAY YACHT CLUB



Sun Smart

To protect your skin from the sun, do the following:



Slip

Slip on sun protective clothing that covers as much skin as possible



Slop

Slop on SPF30 (or higher) broad spectrum water resistant sunscreen



Slap

Slap on a hat that shades your face, head, neck and ears



Seek

Seek Shade



Slide

Slide on sunglasses that meet the Australian Standard for UV protection



Safety - its everyone's responsibility

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