

Govern de les Illes Balears

Ministry of Health

Directorate General of Public Health and Consumer Affairs

Article 14 of Royal Decree 742/2013 of September 27 regarding the technical-sanitary criteria for swimming pools and public information, stipulates that swimming pools' owners must make informational materials available to the users in accessible places that are easy to see. Such materials must contain information on the prevention of drowning, traumatic brain injuries and spinal cord injuries and, in case of open-air swimming pools, also on protection against sunlight.

The Environmental Health Service of the Directorate General of Public Health and Consumer Affairs has compiled a series of recommendations than can be provisionally released waiting for the Ministry of Health, Social Services and Equality to prepare these informational materials according to the first additional provision of the before mentioned Royal Decree.

RECOMMENDATIONS ON SOLAR RADIATIONS

- Avoid exposing yourself to the sun's rays at midday (from 12 pm to 5 pm), as well as prolonged exposures or naps.
- Reduce the body parts exposed directly to the sun. Thin clothes, thick knitted shirts and long trousers will block most of the solar radiation. The most comfortable clothes for hot weather are light-coloured cotton shirts. Clothes must be comfortable and not too tight.
- We recommend you to cover your head with a hat or a cap.
- The sun can also damage your eyes. Therefore, we recommend you to use certified sunglasses that filter at least 90% of the ultraviolet radiation.
- Use sun screen products with a high sun protection factor and suitable for your age, skin type and each body part. You must apply these protection products in generous amounts 30 minutes before the exposure and apply again after every swim. Do not forget that even the most effective sun screen products that

protect against both kinds of radiation (UVB and UVA) cannot guarantee a total protection against the risks that ultraviolet radiation (UV) entails for your health. For that reason, the regulations regarding the labelling of sun protection products have changed and labels can no longer specify or state that they offer a full protection against the risks derived from an excessive exposure to the UV radiation. The only way of avoiding completely the damages caused by the sun is to avoid exposure and, when this is not the case, take the appropriate protection measures above described in order to reduce the risk.

- Be careful when being exposed on and in the water, since radiation can penetrate up to one meter into clear waters.
- Children must be especially protected, since they are very sensitive to sun exposure during this time of the year. Adults must also avoid the sun exposure of children under 3 years old. They have to use high-factor sun lotions (we recommend sun protection factors higher than 40).
- If you take any medication, check that it does not increase your skin sensitivity due to ultraviolet radiation.

REFERENCES

- <http://www.msssi.gob.es/ciudadanos/saludAmbLaboral/planAltasTemperaturas/2009/recomendacionesEstivales.htm#3>