



# FISHING IN THE SUN: ADVICE ON HOW TO PROTECT YOURSELF



*Sun protection guidelines for those who enjoy outdoor recreation. The following specific tips and advice have been developed by Sunguarding Sport and the Angling Trust.*

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## Advice for anglers

Ensuring you are protecting yourself from the sun's harmful rays when you are out fishing is essential, particularly as reflected light means you are getting even more UV rays when next to water. Sunscreen and fishing can be a bad mix though, as none of us wants the smell of sunscreen on our bait, flies or lures which might put the fish off. So here is our advice for everyone out fishing in the sun.

1. Apply a broad-spectrum SPF30 sunscreen before you set off to fish. This way you can wash your hands thoroughly after application to avoid bait-taint.
2. Using a sunscreen stick means you can apply it direct without it getting on your palms, apply this to dry skin whenever possible to make it more effective.
3. Pay special attention to your ears and nose, as these are easily missed, and always burn the easiest.
4. Although sunscreen can be 'water resistant' it cannot be truly 'waterproof' so dry yourself and reapply if you get wet.
5. Remember, sunshine reflects off surfaces, so sun exposure can be more intense near water.
6. The sun is strongest between 11am and 3pm so, if possible, fish in the shade during this time, under a shady tree, your bivvy or even just pop up your brolly and use it as a sunshade.
7. Remember that the sun moves, so a location that is shady in the morning can be in full sun by the afternoon. Plan ahead and don't get caught out!
8. When removing clothing, remember to apply plenty of sunscreen to newly exposed skin, again a sunscreen stick is a great option and much less messy.

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9. Although sunscreen is effective, when fishing you are typically out for long periods, so consider clothing like a UV long sleeve t-shirt and neck gaiter to avoid areas of exposed skin.
  10. Wear wraparound sunglasses, a cap or ideally a wide-brimmed hat to protect your eyes, head, face, and neck.
  11. Take plenty of water with you and stay hydrated.
  12. If you see another angler who is getting too much sun, make sure they realise and offer a spare hat or sunscreen.
  13. Even if the weather looks dull and cloudy, if the UV index is 3 or over you can burn, so always take a hat and sunscreen with you when you head out to fish.
  14. Remember the weather can change from rain to sun, and the forecast is often wrong! Don't get caught out and be sun prepared!



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