# THE U.S. OLYMPIC TEAM

## Synchronized Swimming

## Sun protection.

## THINK IN SYNCH.

In or out of the water, we protect our skin from the sun: sunscreen that's SPF 15 or higher, a hat, sunglasses, a cover up, even shade. We are committed to sun protection in honor of our coach Chris Carver, a skin cancer survivor.

Think in synch when in the sun… **Choose Your Cover.**

Synchro Swimming USA

CDC
CENTERS FOR DISEASE CONTROL AND PREVENTION

www.cdc.gov/ChooseYourCover