

# SUN PROTECTION INVESTIGATION

Final core items – ADULTS

For each question listed, please select the one answer that is the best response to the question.

Male  Female

Age

Years in windsurf competition : \_\_\_\_\_

## Section 1. Sun habits.

**1. In the summer, on average, how many hours are you outside per day between 10 AM and 4 PM... on weekdays (Monday-Friday)?**

- 30 minutes or less .....       4 hours .....   
31 minutes to 1 hour .....       5 hours .....   
2 hours .....       6 hours .....   
3 hours .....

**2. In the summer, on average, how many hours are you outside per day between 10 AM and 4 PM... on weekend days (Saturday & Sunday)?**

- 30 minutes or less .....       4 hours .....   
31 minutes to 1 hour .....       5 hours .....   
2 hours .....       6 hours .....   
3 hours .....

**3. In the past 12 months, how many times did you have a red OR painful sunburn that lasted a day or more?**

- 0  1  2  3  4  5 or more

**For the following questions, think about what you do when you are outside during the summer on a warm sunny day.**

- |   | Never                 | Rarely                | Sometimes             | Often                 | Always                |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 4. How often do you wear <b>SUNSCREEN</b> ?                                 | <input type="radio"/> |
| 5. How often do you wear a <b>SHIRT WITH SLEEVES that cover shoulders</b> ? | <input type="radio"/> |
| 6. How often do you wear a <b>HAT</b> ?                                     | <input type="radio"/> |
| 7. How often do you stay in the <b>SHADE or UNDER AN UMBRELLA</b> ?         | <input type="radio"/> |
| 8. How often do you wear <b>SUNGLASSES</b> ?                                | <input type="radio"/> |
| 9. How often do you spend time in the sun in order to get a tan?            | <input type="radio"/> |

**10. What is the color of your untanned skin?**

- Very fair .....   
Fair .....   
Olive .....   
Light brown .....   
Dark brown .....   
Very dark .....

## Section 2. Skin examination.

**11. Have you EVER had your skin cheked for skin cancer from head to toe by a health professional?**

- No .....  (Skip to question 13)  
Yes .....

**12. If Yes, what is the month and year when you last had your skin checkes from head to toe?**

Month   / Year

**13. In the last 12 months, have you or a partner examined your entire body, including your back, for skin cancer?**

- No .....   
Yes .....

**14. If Yes, how many times?**

## Section 3. Windsurf habits.

**15. On average, how many hours a day do you practise windsurfing?**

**16. When you are practise windsurfing, do you usually use sunscreen on your face?**

- No .....   
Yes .....

17. When you use suscreen, ėsun protection factor (SPF) used is 30 or more? No ..... Yes.....

18. Do you re-apply sunscreen? No ..... Yes.....