

U.S. Soccer Federation Referee Program Skin Care Recommendations for Referees. In the interest of health and safety, U.S. Soccer's medical and referee experts recommend that match officials practice the following skin care guidelines.

Summary:

1. Consider wearing sunscreen
2. Consider wearing long sleeves
3. Consider wearing a cap that meets requirements
4. Review your skin for any changes and consult a professional if there are changes

Details:

Sunscreen

As a referee, consider wearing sunscreen daily on all areas of your skin exposed to the sun. The recommended sunscreen should have a skin protection factor, or SPF, of 30 or greater, and it should be applied 15 minutes prior to being exposed to the sun. At a minimum, sunscreen should be applied every two hours but we recommend applying more frequently if you are sweating extensively. While working a game, take advantage of the break at halftime to reapply sunscreen to those areas exposed to the sun.

- Consider wearing daily
- Apply SPF of 30 or greater 15 minutes prior to sun exposure
- Reapply every two hours at minimum

Additional Precautions

There are adjustments you can make to your referee uniform to help protect your skin. If you are going to be exposed to the sun for long periods of time, consider wearing long sleeves or special UV protective clothing. Caps may also be worn to protect your face from overexposure to the sun. Be sure that the cap does not endanger the safety of the officials or players. It should be consistent with the colors of the referee uniform and special care should be taken to ensure it does not conflict with the uniform colors worn by either team. The cap should also not contain any commercial logos or marks.

- Consider wearing long sleeves or UV protective clothing during period of high sun exposure
- Caps
 - May be worn as long as it does not endanger the safety of the official or players
 - Consistent with referee uniform
 - No commercial logos or marks

Medical Experts

For long term skin care and overall health, U.S. Soccer recommends reviewing your skin for any changes or growths on a yearly basis. You should consult your doctor or dermatologist if you notice any changes, and they can be used as additional resources for tips on keeping your skin and body healthy when exposed to the sun.

- Check your skin yearly for changes or growths
- Consult doctor or dermatologist