

# 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.**



**CDC**  
CENTERS FOR DISEASE CONTROL  
AND PREVENTION

[www.cdc.gov/ChooseYourCover](http://www.cdc.gov/ChooseYourCover)