

Don't play with skin cancer, add sun protection to your game



We are a Sun Protection Accredited golf club, having pledged to:

1. Appoint a sun pro ambassador
2. Add a sun protection statement
3. Display posters and share resources
4. Ensure sunscreen is available
5. Promote involvement on website/ socials



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Sun Protection Tips...

- 1 Slip sunscreen (SPF30+), sunglasses, a hat and large umbrella in your kit bag (and use them!)
- 2 Slap on sunscreen 20 minutes before teeing off or starting work outdoors
- 3 Re-apply every two hours or more often if you are prone to sweating
- 4 Avoid a greasy grip by using an applicator or keep a small, damp towel handy

#SlipSlapSwing21

For more information on sun protection and skin checking visit: www.melanoma-fund.co.uk

Those who play or work in golf are at high risk of melanoma and other forms of skin cancer due to **four main factors**:

When:

A round can lead to prolonged sun exposure when UV levels are strongest

Where:

Courses provide little shade, and highly UV reflective surfaces

How:

Golfers tend to avoid reapplying sunscreen to avoid a 'greasy grip'

Why:

Skin cancer is an epidemic and commonly affects golfers and greenkeepers

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