

Sun Protection Tips and Advice



Our tips and advice will encourage healthy sun protection habits, helping all in golf cut their risk of skin cancer:

Sunscreen

1. Apply a broad-spectrum SPF30+ product 20 minutes before exposure, paying attention to areas prone to burning.
2. Using a sunscreen applicator or a keeping a small towel handy, is a good way to avoid a greasy grip whilst playing.
3. Once applied to the skin, reapply sunscreen every 2 hours, or more often if you are prone to excessive sweating or simply working hard.
4. Apply an adequate amount of sunscreen, which is a little more than you think.

Sun time

1. Sun protection is recommended from March until October, with the early days of spring a prime time for sunburn.
2. UV rays penetrate cloud and haze. The weather can also fluctuate and catch you out, so be sun prepared in the morning.
3. Apply sunscreen in advance. A 10-minute practice session or task can easily into a couple of hours, and possibly sunburn!
4. The sun is strongest between 11am and 3pm so, if possible, look to book a late tee, particularly on clear, sunny days.

Protective clothing

1. Clothing should always be the first line of defence when it comes to sun protection.
2. Always wear a hat! Your forehead, scalp and ears are vulnerable areas, and especially if you are bald or have thinning hair.
3. Wear clothing that protects arms and legs; ideally choose garments with a tight weave as these offer the best protection.
4. Eyes are vulnerable to UV light so wear sunglasses, ideally wraparound which offer the best protection.

General sun sense

1. Time flies when you are preoccupied, so add a timer on your phone or watch to remind you to reapply sunscreen every few hours.
2. Drink often and preferably select water as this is the best way to hydrate. Keep a reusable bottle topped up and at hand.
3. Whilst waiting around for a shot, if possible, seek shade or push up an umbrella, or use the time to reapply sunscreen.
4. When the UV index hits 3, use sun protection and watch out for surfaces on a golf course such as sand which reflect UV rays.

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