



**FREE,  
Quick & Easy!**

## Become a Sun Protection Accredited golf club with 5 simple actions

- 1 **Nominate a Sun Pro Ambassador**
- 2 **Add a sun protection statement**
- 3 **Display awareness posters**
- 4 **Ensure sunscreen is available**
- 5 **Display the Accreditation logo**



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**melanoma  
fund**

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

### When:

A round can lead to prolonged sun exposure when UV levels are at their strongest, typically between 11.00am-3.00pm, from April until September

### Where:

Courses provide little shade, and highly UV reflective surfaces such as grass, water and sand

### How:

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

**#SlipSlapSwing20**

## 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

3

Re-apply every two hours or around the 9th hole depending on your pace

4

Use a sunblock stick to protect lips, nose and ears

5

Check skin for changes every month and if you have a concern visit your GP immediately

For more information on becoming a Sun Protection Accredited golf club visit [www.melanoma-fund.co.uk/golf](http://www.melanoma-fund.co.uk/golf)

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