

## Sample newsletter content.

This text has been designed for sports clubs and organisations to use to promote sun protection to your members. You are welcome to copy, edit and paste this information into your newsletters or add to your on-line communications. Where relevant, we encourage you to use your own photos that specifically relate to your sport.

Please do not add additional information if you are not confident that it is correct. You are welcome to contact Cancer Council NSW on (02) 9334 1761 or [sunsmart@nswcc.org.au](mailto:sunsmart@nswcc.org.au) if you wish to ask anything about sun protection or would like information about sun protection in sports.

### General *slip slop slap seek slide* article for the start of season.

#### Slip Slop Slapping at <insert sport club name>

With our training and competitions getting into full swing for the year, it's important to make sure that all of our players, coaches, officials and spectators are properly protected from the sun. <insert club name> takes sun protection seriously, and we would like our members to enjoy <insert club name> while being sun safe.

Sun protection is important as nearly all skin cancers are preventable. We also know that spending extended time the sun and getting sunburnt, especially in the first 15 years of life, increases the risk of developing skin cancer. To reduce the risk of skin damage and skin cancer, Cancer Council recommends following five SunSmart steps whenever UV levels are 3 and above (even on cold and cloudy days):

- **Slip** on clothing that covers as much skin as possible - longer sleeves, higher necklines and longer style shorts and skirts.
- **Slop** on SPF30 (or higher) broad spectrum, water resistant sunscreen. Apply sunscreen 20 minutes before going out in the sun. Reapply every two hours or after swimming or perspiring. Sunscreen should be available in the team's kit bag and players should be encouraged to have sunscreen in their training bag.
- **Slap** on a hat - one that shades the face, neck and ears. Broad-brimmed, bucket and legionnaire hats are best for these sensitive areas. Caps do not protect the neck, ears or cheeks and are not recommended.
- **Seek** shade - where possible, play/train/take breaks/watch in the shade available. If venues don't have enough shade, consider bringing portable shade such as umbrellas and marquees and encourage spectators to bring their own shade.
- **Slide** on some sunglasses. Make sure they meet the Australia Standard 1067.

Check out our sun protection policy and tips on <insert club name> and check the [SunSmart App](#) to find your daily local UV levels and sun protection times before playing today.

For more information or help on skin cancer prevention for sporting clubs visit [Cancer Council NSW's website](#).

## Should you be using sun protection while playing sport today?

When UV levels are 3 and above, the sun's rays are strong enough to damage your skin and put you at risk of skin cancer. Don't be fooled by cooler weather or by cloud cover, you are still at risk of sun damage when playing sports in spring and autumn! Even in winter in many parts of NSW, UV levels remain 3 or above for some or all of the day and sun protection remains important.



### How can I check UV levels in my local area?

If you are playing or coaching an outdoor sport, Cancer Council has developed a simple, free [SunSmart app](#) for iPhone and Android. This app will let you know the daily UV forecast, the times you need to use sun protection.

You can also add the free SunSmart [UV Widget](#) to your clubs' internet page. Once added to your page it automatically updates each day so coaches, members and spectators can check the local UV levels and weather online before a game/meet or training.

### How to protect your members, coaches, spectators and officials from UV radiation?

Where possible, avoid scheduling games/meets and training when UV levels are at their highest. Cancer Council recommends checking the [SunSmart app](#) and promoting appropriate sun protection (shade, SPF 30 (or higher) sunscreen, sun safe hats, longer-style clothing, and sunglasses).

## Answering questions about sunscreen

While playing sports, it's hard to completely cover up with clothing, hats and sunglasses, so it's important to use sunscreen as well. Sunscreen will protect your skin against the damaging effects of the sun and, if used properly, will reduce your risk of skin cancer. Here we answer some of the common questions about how to best use sunscreen while playing sports:

### What should I look for in a sunscreen?

SPF 30 (or higher) sunscreen which provides very high coverage. Broad spectrum sunscreen filters UVA and UVB radiation. Water resistant sunscreen protects the skin during swimming and physical activity provided it is not wiped off.

### How much should I apply?

Apply generously! Cancer Council recommends adults use about a teaspoon for the face, neck and ears; a teaspoon for each arm and leg; and a teaspoon each for the front and back of the body.

### When should I apply sunscreen?

Apply 20 minutes before going outside, to allow it to bind to your skin.

**Do I need to reapply sunscreen?**

Reapply every two hours and after swimming, sweating or towel drying. Reapplying regularly also means you're more likely to cover any parts of the skin you may have missed.

**When should I throw sunscreen out?**

Using expired sunscreen is not recommended. If a sunscreen is past its use-by-date it should be disposed of safely and a new sunscreen purchased.

**But I just forget! Do you have any ideas to remind me to use it?**

Include sunscreen in your personal and team's kit bag. Ask your club to make sunscreen freely available for players, coaches and officials as well as available for purchase through the canteen for spectators.

**I use sunscreen regularly, is that enough?**

No matter what the SPF rating, no sunscreen provides 100% protection and some UV radiation will always reach the skin. Longer-style clothing, broad-brimmed hats, sunglasses and using shade all remain important. Try to use these as much as possible while playing and watching sport.

For more information on sunscreen and sun protection for sporting groups, click on [Cancer Council NSW website](#), call (02) 9334 1761 or email [sunsmart@nswcc.org.au](mailto:sunsmart@nswcc.org.au).