

The Golf Pro's guide to sun protection

2

SWING BACK

Get the facts on
sun protection



3

FOLLOW THROUGH

Practice and promote
good sun protection



1

SETUP

Download the
SunSmart App



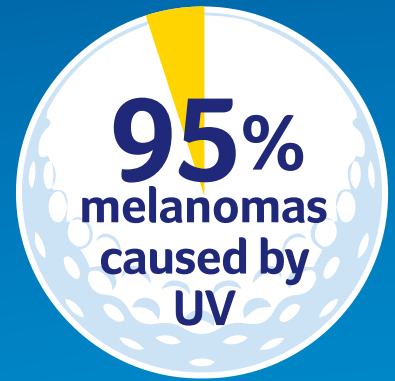
Protect your skin
from the sun.



Cancer Council
Improve your
long game

Why is UV such a handicap in Australia?

- Australia has the highest rate of melanoma in the world. Ultraviolet (UV) radiation is responsible for at least 95% of melanomas in Australia which means that the vast majority can be prevented by protecting our skin from UV damage.
- We know Aussie guys love to play golf but Australian men aged 40+ are 2.5 times more likely to die from melanoma, compared to women of a similar age.
- As the Golf Pro and Pro Shop staff, you can use your influence to drive good sun protection in your club. Below are 3 simple, effective steps you can take to pass on useful knowledge, sway opinion and save lives.



1 Set up

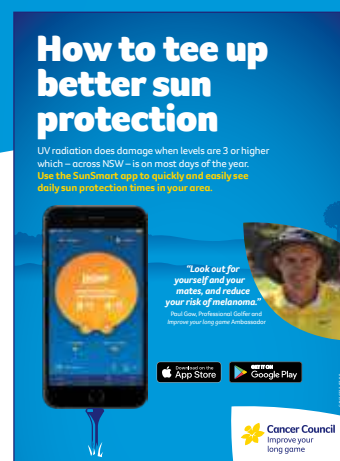
Tee up better sun protection at your club

UV radiation damages unprotected skin when UV levels are 3 or higher which – across NSW – is on most days of the year. Knowing when to slip, slop, slap, seek and slide is the first step to good sun protection.

Download the SunSmart App

Be alerted to the day's sun protection times by downloading the SunSmart App from the App Store or Google Play and protect your skin from the sun at those times:

- Set the alert to receive a daily reminder
- Encourage your mates and colleagues to do the same
- Let guests and members know the day's sun protection times when they register to play
- Display a SunSmart App poster in a visible place in the Pro Shop for guests and members to see
- Attach a SunSmart App A6 leaflet to receipts



2 Swing back

Know what good sun protection looks like

Everyone has heard the 'slip, slop, slap, seek, slide' sun protection mantra. On the golf course this means:



Slip on sun protective clothing: long trousers, sun sleeves or a long-sleeved top designed for golf won't overheat or hinder your swing.



Slop on sunscreen: non-greasy/dry touch sunscreens will protect your grip.



Slap on a broad-brimmed hat: broad-brimmed hats designed for golf will stay on firmly; the brim will protect your ears, neck and face, which are high risk areas for melanoma.



Seek out shade: wait to tee off in the shade, and seek out shade wherever possible to stay cool and reduce UV exposure.



Slide on sunglasses: choose wraparound sunglasses that comply with Australian Standard 2 or above for maximum protection. Add polarisation to cut down course glare.



Understand correct sunscreen application

Most people don't apply enough sunscreen or reapply it frequently enough. Here's what you need to know:

Apply in advance: at least 20 minutes before you go outside.

Use the right amount: apply one teaspoon (5ml) for each arm, each leg, your face neck & ears, and any other exposed skin.

Reapply every 2 hours: or sooner if you have been working up a sweat on the course – sunscreen can rub off as you play.

Do a usage test: check that your skin doesn't react to a new product, especially if you have sensitive skin. Follow the instructions on your sunscreen bottle to do this.



Before you go outside



Know the score – sunscreen myth vs fact

	MYTH	FACT
1	A good sunscreen is enough to protect you from UV damage.	Sunscreen is not armour; it filters rather than blocks UV, so you need to use all 5 forms of sun protection.
2	You only need a little SPF30 to be protected.	85% of Australians don't use enough sunscreen. To get the correct level of SPF you need to apply the right amount of sunscreen: one teaspoon for each exposed body part.
3	Water-resistant SPF30 means you can stay out longer without having to reapply.	Any sunscreen should be reapplied every 2 hours, and sooner after sweating or towel drying.
4	Sunscreen isn't safe to use every day.	Sunscreen is safe and can be worn every day. It's regulated by the Therapeutic Goods Administration which has some of the highest standards in the world and ensures products are safe and of a high quality.
5	Using sunscreen will stop you getting enough vitamin D.	Wearing sun protection shouldn't put you at risk; studies show that sunscreen has minimal impact on vitamin D levels.

3 Follow through

Practice and promote good sun protection. Be a role model!

Feedback from clubs on the *Improve your long game* program has told us how effective role modelling is. As the Golf Pro and Pro Shop staff, you have influence with guests and members; it is one of the greatest assets we have to help prevent melanoma in the NSW golfing community. So we are asking you to:

- Be seen to practice good sun protection yourself at the times of day that sun protection is recommended.
- Use the information in this guide to talk to fellow golfers about the dangers of melanoma and encourage them to protect their skin from the sun when they play.



Conversation starters to swing the club toward good sun protection

It's never too late to protect against melanoma. Use your influence with members who express the view that "the damage is already done"; encouraging them to listen to the facts, evaluate and change their behaviour is one of the most valuable things you can do. Here are some hard-core facts to help you get them thinking!

Your skin remembers all the UV you've ever received.

All UV exposure, every tan and sunburn, adds up and increases your risk of skin cancer. Using sun protection at any age reduces the risk of developing melanoma; when you're older it will reduce any further damage occurring.

UV radiation is a known cause of cancer, like tobacco and asbestos.

However, unlike most other carcinogens, UV radiation is ever-present – when you go outside you can't avoid it unless you practice good sun protection.

Skin cancers are most commonly found on the head, face, ears and neck.

A broad-brimmed hat designed for golf is the best protection for this part of your body.

You can't see or feel UV radiation.

UV is different to temperature, which you feel as heat, so don't use temperature as a guide. In NSW, UV levels are high enough to damage unprotected skin most days of the year.

UV can damage unprotected skin even on cloudy and cold days.

Check the UV level on the SunSmart app to see the times when the UV level will be 3 or above and sun protection is recommended.

Even if your skin tans, you still need sun protection.

A tan is a sign that your skin is trying to protect itself from UV radiation. It shows that damage has been done and provides next to no protection.

Melanoma is one of the most aggressive cancers.

Melanoma can occur anywhere on the body. It can spread to other organs such as the lungs or the brain, and can be fatal.

