

We encourage you to copy and paste the below content in your club newsletter:

Swing smart, SunSmart this National Skin Cancer Action Week!

At <insert club name>, your safety and well-being are our top priorities. In recognition of **National Skin Cancer Action Week** from November 16th-22nd, we're here to help you take that extra step to improve your long game!

This week is dedicated to raising awareness about the importance of skin cancer prevention. Many of us may know skin cancer is our national cancer, but did you know it is largely preventable? While we love the game for the challenges and joy it brings, it's important to recognise the risks associated with long hours of sun exposure during our rounds and play smart.

Golf provides numerous benefits, including:

- **Physical fitness:** Walking the course and swinging the club provides great exercise.
- **Social interaction:** Enjoying the game with friends and other golfers fosters community.
- **Mental well-being:** The outdoor environment and focus required can reduce stress.

But spending hours outdoors increases our risk of skin cancer. To protect yourself, we recommend:

- **Wider is better** – broad brimmed hats designed for golf stay on and protect areas most prone to melanoma – your ears, neck and face.
- **Extend your arm protection** - sun sleeves and long-sleeved tops protect your arms without overheating or hindering your swing.
- **Follow through with sunscreen** - apply SPF 50 or 50+ broad spectrum, water resistant sunscreen to all exposed skin before you go out and reapply every 2 hours or sooner if you've worked up a sweat!
- **Slip on your sunglasses** - reduce the glare and protect your eyes.
- **Pop up an umbrella** – or seek shade from the tree, especially during peak sun hours.

Let's continue to enjoy our time on the course while staying sun safe!

We encourage all of you to take advantage of our complimentary dry touch sunscreen on the 1st and 10th tees and continue to be sun safe while giving it your best shot on the course.

For more information and resources on skin cancer prevention, visit

[Preventing skin cancer | Cancer Council NSW](#)

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