



## SUN SAFETEE® TIPS

This year in The United States, over 3 million skin cancers will be diagnosed. Golfers are at a higher risk than the general public of developing skin cancer, due to the extensive amount of time that we spend in the sun.

Sun protection is a lot like the game of golf. Both are built on a foundation of personal responsibility. Whether you are a collegiate golfer or a collegiate golf coach, there are things that you can do to reduce the risk of damage to your skin from the sun's UV radiation..

Absolutely use a sunscreen or sunblock. A good sunscreen is one of the first lines of defense in sun protection. It is important to use a sunscreen with an SPF of at least 30 and be sure to use one that protects from both UVA and UVB rays. The label should state that it offers UVA and UVB protection or "Broad Spectrum" coverage.

Apply sunscreen and sun block 20 to 30 minutes before going into the sunlight and be sure to cover your ears, lips, nose and neck. If you are also using a bug repellent, apply the sunscreen first and wait before using the bug repellent.

One of the biggest misconceptions about sunscreen is that you can put it on in the morning and it will last all day long. Most sunscreens only last for two to three hours and then need to be reapplied. That is why we say "*Don't Burn...Reapply at the turn*"®. If golfers would heed that advice, they would go a long way to protecting their skin.

Sun protective clothing plays a big role in sun protection as well. Golfers seem very comfortable wearing long pants on the course but few wear long sleeves. New materials not only include a UPF rating (sort of an SPF rating for clothes) but also are very lightweight and comfortable for wearing long sleeves even in warm weather.

Sun Sleeves (Iconic Sport) can be worn on your arms when wearing a short sleeve shirt. . Not only do the sleeves protect your arms from the sun (UPF 50+), they have moisture wicking properties so they keep you cooler on the course. Long sleeves that keep you cooler? Yes they do!



Since many skin cancers appear on the ears, it is important to wear a hat with a wide brim. A good pair of UV protective sunglasses will help protect not only your eyes but also the area around your eyes.

Seek shade wherever you can. In the golf cart, under a tree and remember your umbrella is not just for rain; it can provide shade and newer umbrellas are made of fabrics that provide UV protection. Most pushcarts have an attachment to hold an umbrella and this is an ideal sun protection tool for junior golfers and adults. If you are a coach watching your team participate in a tournament, bring an umbrella out on the course for you as well.

If possible, avoid the sun when it is the strongest, which is from 10 am to 4pm. Of course as golfers this is not always possible so if you are going to be out in the sun during these hours, you need to be extra careful. Be sure to stay well hydrated by drinking water or caffeine-free drinks and juices.

The good news is that the sun doesn't have to be your enemy if you use sunscreen, wear UPF rated garments, drink your water, and take breaks in the shade. And see a dermatologist at least once a year, more often if you have been diagnosed with skin cancer or precancerous lesions.

The Sun SafeTee® Program is a non-profit organization developed to teach the golf community sun protection strategies and to provide the opportunity for the early detection of skin cancer. The goal of the Sun SafeTee Program is to help golfers enjoy a lifetime of healthy golf. Current Sun SafeTee Partners include the GCAA, the NGCA and the AJGA. If you would like to learn more or to make a tax deductible donation, go to [www.sunsafetee.org](http://www.sunsafetee.org) Follow Sun SafeTee on facebook and twitter.