



## Sun Protection Statement

We are Sun Protection Accredited to the Slip! Slap! Swing! campaign, having pledged to raise awareness of sun protection and skin cancer, protecting the health of our clients.

Skin cancer mainly affects those who spend lots of time outdoors without sun protection, so it makes sense for us all to take the risks seriously. Over the last 30 years, incidence of melanoma has more than doubled in women and tripled in men, so we aim to address this.

In the UK, the sun can damage your skin between March and October, specifically when the UV index is 3 and over. However when abroad, this can happen all year round, so be vigilant, research the climate you are travelling to, and get your sun protection sorted **before** you leave.

1. You can burn, even on cloudy days, and the weather can be changeable, so always start the day 'sun prepared'.
2. Wear a broad-spectrum sunscreen (SPF30+) on exposed skin, sunglasses and a brimmed hat.
3. Apply sunscreen at least 20 minutes before UV exposure to ensure it is rubbed in and active.
4. Drink water regularly to help keep you alert and to avoid dehydration.
5. Reapply sunscreen every two hours on sunny days or more often if sweating.
6. A sunscreen applicator, chubby stick or keeping a small towel handy, will help you avoid a greasy grip.
7. Pay special attention to lips, nose, ears, and back of the neck as these areas are prone to burning.
8. Select shade if and when possible, especially on hot days.
9. Remember that sunscreen can easily be rubbed off when carrying or brushing against items.
10. Check skin every month or so and if you spot any changes, visit your GP immediately.

For further golf related tips and advice visit, Slip! Slap! Swing! campaign at [Slip! Slap! Swing! - Melanoma Fund UK \(melanoma-fund.co.uk\)](http://melanoma-fund.co.uk)