

# 10 Sun Safety Tips for Golfers

Get into the swing of protecting your skin!

-  **Apply a UVA and UVB sunscreen** (broad-spectrum) with an SPF of 15 or higher 30 minutes before going outdoors
-  **Use a golf-ball sized amount** of sunscreen (one ounce) to cover your entire body.
-  **Re-apply every nine holes** (every two hours! — even on a cloudy or cool day.)
-  **Completely coat** all exposed areas of your face, head and body, ears, neck, nose, shoulders, back of the hands and front/back of your arms and legs.
-  **Cover your lips** with sun protective lip balm or sunscreen.
-  **Check expiration dates** on your sunscreen to ensure effectiveness.
-  **Seek shade** whenever possible, and cover yourself with a golf umbrella between holes.
-  **Wear a broad-brimmed hat** (preferably with a back flap) instead of baseball caps to help protect your face, ears and neck.
-  **Protect your eyes** with UV-protective sunglasses.
-  **Wear sun protective clothing** (tightly woven) including long pants and long-sleeved shirts as often as possible.

Examine your skin often. Any skin lesion that crusts, bleeds or does not heal should be examined by a dermatologist promptly.

Moles that itch, bleed or change in size, shape or color should be examined promptly.

Have your skin thoroughly examined by a dermatologist at least once a year, or as recommended by your dermatologist.

**Practice sun safety as a way of life!**

*Play Safe in the Sun is a community service outreach of the Women's Dermatologic Society, made possible through a generous grant from L'Oreal USA. Visit: [www.playsafeinthesun.org](http://www.playsafeinthesun.org)*



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