



Sunsmart for Golfers

Enjoying a game of golf gets you moving outside, and is good for your physical and mental health.

Sun protection is especially important when you're playing golf, as you spend a lot of time outdoors on the golf course.

In Ireland, ultraviolet (UV) rays from the sun are strongest from April to September, especially between 11am-3pm. Even when it is cloudy you should protect your skin, as the sun's rays can travel through cloud.

From April to September, take extra care to protect your skin and be SunSmart. Being SunSmart reduces your risk of skin cancer.

You can protect you skin and enjoy your game by following these simple Healthy Ireland SunSmart tips.

Healthy Ireland Simple SunSmart Tips:

- **Slip** on clothing that covers as much skin as possible while still being comfortable. Wear clothes with long sleeves, breathable sports tops and high collars to protect your neck. Wear close-woven material that does not allow sunlight through.
- **Slop** broad-spectrum sunscreen (UVA/UVB) on sun exposed areas of skin. Use a sun protection factor (SPF) of at least 30+ for adults and 50+ for kids, with a high UVA protection and that is water resistant. Apply sunscreen at least 20 minutes before teeing off. Carry sunscreen in your golf bag and reapply regularly, at least every two hours, more frequently if you are sweating. No sunscreen can provide 100% protection, so should be used alongside clothing that covers skin and shade.
- **Slap** on a wide-brimmed or legionnaires hat when on the course to protect your face, neck and ears. Typical baseball-style caps provide no sun protection for the ears and neck and little for your face, so be extra careful with your sunscreen application if wearing a cap to ensure your skin is protected.
- **Seek** shade. The sun's UV is strongest between the hours of 11am to 3pm so aim to play earlier in the morning or later in the evening when UV is less intense. Seek shady courses where possible. Bring a golf umbrella whatever the weather, don't save it for just a rainy day.

- **Slide** on sunglasses. Guard your eyes by wearing wraparound sunglasses with UV protection. They can also help reduce the sun's glare and improve visibility when you're out on the golf course.