

# GUIDANCE NOTE

## Sun care

As a Professional golfer, you can spend a considerable amount of time exposed to sunlight, which could lead to skin cancer.

There is some excellent information and guidance available on the website of the International Agency for Research on Cancer (IARC), the specialised cancer agency of the World Health Organisation.

You are encouraged to follow this link - <http://cancer-code-europe.iarc.fr/index.php/en/ecac-12-ways/sun-uv-exposure-recommendation> – as you will find information about the European Code Against Cancer and answers to all of the following questions:

- i) Why is it important to avoid too much sun exposure?
- ii) How much sun exposure is “too much sun”?
- iii) Why is it especially important for children and young people to avoid too much sun exposure?
- iv) Is there such a thing as a “healthy tan”?
- v) When is the sun strongest?
- vi) Am I safe on a cloudy day or under a parasol?
- vii) What is the UV Index?
- viii) Are some people at greater risk from the sun? Does my skin type, hair colour, or eye colour matter?
- ix) How can I protect myself and my children from the sun in everyday life, during outdoor activities, or while on holiday?
- x) As an outdoor worker, do I need protection from the sun?
- xi) Why should I not use sunbeds?
- xii) If I avoid too much sun, do I have to worry about Vitamin D deficiency then?

In simple terms, the advice of the IARC is avoid too much sun, use sun protection and don't use sunbeds.