

Ace your game

Sun safety at the golf course

Schedule sun safe tee times

Seek shade

Wear:

- ✓ sunglasses
- ✓ hat
- ✓ sunscreen
- ✓ lip balm



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www.cancer.ca

Avoid overexposure to the sun by practicing sun safety.

How do you score?

	Eagle - Always 5	Birdie - Often 4	Par - Sometimes 3	Bogey - Rarely 2	Double bogey - Never 1
I schedule tee times when the sun's rays are less strong.					
I seek shade (e.g. umbrella, cart, trees) between golf shots.					
I wear lightweight clothing that covers my arms and legs.					
I wear a hat that shades my face, ears and back of my neck.					
I use a SPF 30 sunscreen while on the course.					
I use a SPF 15 lip balm and reapply often.					
I wear sunglasses with UV protection.					

Play safe in the sun. For more information, visit cancer.ca.



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