



Sun Protection Statement

Strawberry Hill Golf Club are committed to providing a safe environment for its members and visitors whilst playing the golf course.

To that end SHGC recommend that Golfers protect themselves from the dangers of the sun and cancers caused by prolonged exposure.

We endorse the Slip, Slap & Swing campaign supported by the Melanoma Fund and our Club Professional will offer for sale a sunscreen which golfer, if purchasing, needs to ensure is adequate for their own protection. No responsibility is accepted for the application of any screens or lack of any application and actions of golfers regarding protection from the sun.

Action points that golfers should note are as follows but are not limited to these points and golfers should be aware of the need to self-manage exposure:

1. SLIP the following items into your bag before play and use them
Sunglasses, Sunscreen SPF30+, Hat, Umbrella
2. SLAP on sunscreen 20 minutes before teeing off
3. Re-apply every 2 hours or around the 9th hole
4. Use sun block stick to protect lips, nose, and ears
5. Check skin for changes every month and, if you have any concern, visit your GP

See further details at <https://www.melanoma-fund.co.uk/golf-live/>