

Murwillumbah Rifle Club Inc.

Slip Slop Slapping

With our 2024 weekly target shooting disciplines getting into full swing, it's important to make sure that all of our members and spectators are properly protected from the sun. Murwillumbah Rifle Club takes sun protection seriously and we would like our members to enjoy Murwillumbah Rifle Club while being sun safe.

Sun protection is important as nearly all skin cancers are preventable. We also know that spending extended time in the sun and getting sunburnt, especially in the first 15 years of life, increases the risk of developing skin cancer. To reduce the risk of skin damage and skin cancer, Cancer Council recommends following five SunSmart steps during sun protection times (even on cold and cloudy days):

1. Slip on clothing that covers as much skin as possible – longer sleeves, higher necklines and longer style shorts, pants and skirts.
2. Slop on SPF30 (or higher) broad-spectrum, water-resistant sunscreen. Apply sunscreen 20 minutes before going out in the sun. Reapply every two hours or after swimming or sweating. Sunscreen should be available in the team's kit bag and players should be encouraged to have sunscreen in their training bag.
3. Slap on a hat – one that shades the face, neck and ears. Broad-brimmed, bucket and legionnaire hats are best for these sensitive areas. Caps do not protect the neck, ears or cheeks and are only recommended when sun-protective hats are not practical for active play.
4. Seek shade – where possible, at the clubhouse or under our portable shade tents on the fullbore range. Consider bringing your own portable shade items such as umbrellas and portable shade tents if you feel there is not enough (however please set up in a safe area – see the Range Officer of the day for clarification).
5. Slide on sunglasses. Make sure they meet the Australia Standard 1067.

Check out our sun protection policy and tips on www.murwillumbahrifleclub.com.au

Check the sun protection times for Murwillumbah via the SunSmart widget, also found on the 'Home' page on the above club website.

For more information visit sunsmart.com.au

Reproduced from [Cancer Council NSW](#)

Windburn mythbuster

Strong wind can cause irritation, but it doesn't actually burn your skin. The red, stinging and peeling 'burn' people sometimes blame on the wind is actually a result of UV damage.

UV radiation can't be seen and can't be felt, and it can be damaging on cool and cloudy days, as well as hot and sunny days.

Don't get caught out. If you're outside during sun protection times, or for extended periods during training sessions or competitions, you'll need to use sun protection.

Remember to SLIP on covering clothing, SLOP on SPF30 (or higher) broad-spectrum, water-resistant sunscreen, SLAP on a sun-protective hat, SEEK shade whenever possible and SLIDE on sunglasses (labelled AS1067).

Check out SunSmart's windburn video at https://youtu.be/CQ_21frvSK8

The clock is ticking ...

While you might not be able to see it right now, UV damage adds up over time. That means all your time outdoors unprotected – all the sunburns and tans – is like a memory bank in your skin cells. The more damage in the bank, the greater your risk of skin cancer.

While you can't undo the damage that's been done, you can stop depositing damage. Skin cancer is one of the most preventable cancers so don't become a statistic.

Check the daily sun protection times for your area via the free SunSmart widget, found on the 'Home' page of the club website and protect your skin during these times. If your 'Target Shooting' discipline means you're outdoors for a few hours, it's recommended you use sun protection regardless of the UV levels and sun protection times.

Check out SunSmart's UV. It all adds up campaign at <http://www.sunsmart.com.au/about/media-campaigns/current-campaigns/uv-it-all-adds-up>

Maximise our winning streak ... minimise UV

You can't be playing in top form if you're suffering from sunburn. Make sure you use sun protection when you're out on the field/pitch/court/in the pool to keep you match ready/competitive for all play/events.

Remember to SLIP on covering clothing, SLOP on SPF30 (or higher) broad-spectrum, water-resistant sunscreen, SLAP on a sun-protective hat, SEEK shade whenever possible and SLIDE on sunglasses (labelled AS1067).

Don't let the UV win. We want to!

For more information check out our sun protection policy statement at www.murwillumbah rifleclub.com.au (on 'Info' page) or visit sunsmart.com.au