



Townsville

Stay SunSmart Every Day

Tennis Townsville recommends that coaches, players and spectators adopt sun safe behaviour.

- 🟡 Queensland is the skin cancer capital of the world so remember to be SunSmart today and protect from skin cancer – Slip, Slop, Slap, Seek and Slide.
- 🟡 Sun protection is required when the UV index is 3 or above – this is all year round in Queensland, even in Winter. Always protect your skin in five ways when outdoors – Slip, Slop, Slap, Seek and Slide.
- 🟡 Remember to apply sunscreen 20 minutes before going outdoors and reapply sunscreen at least every two hours or more frequently when sweating. Never rely on sunscreen alone, always protect your skin in five ways when outdoors – Slip, Slop, Slap, Seek and Slide.
- 🟡 Regularly check your skin for changes to help detect skin cancer early. Report changes to a health professional immediately.
- 🟡 As little as 10 minutes of sun exposure can cause burn. Avoid skin cancer and be SunSmart. Seek shade and ensure you are wearing sun protective clothing, a sun protective hat, sunglasses and sunscreen.



Tennis Townsville provides sunscreen free of charge.