

It's easy to remember the Sun Safe Soccer steps!

Before the Game

Safety first – Sunscreen, then shinguards

After the Game

Cool down. Cool off. Cover up.

How It Works

BEFORE THE GAME

Safety first – Sunscreen, then shinguards

Sunscreen is the best on-field defense against the harmful effects of the sun's rays. In fact, studies have shown that sunscreen use reduces the risk of melanoma-related death by 50 percent. In order to be effective, sunscreen must be applied 15 minutes before vigorous activity.

That's why sunscreen goes on first, then shinguards!

AFTER THE GAME

- **Cool down** – Follow the normal post-game routine.
- **Cool off** – Seek shade and avoid sun exposure when possible. Put tents over bench areas and take half-time breaks and post-game talks in the shade when possible.
- **Cover up** – Sun-protective clothing – such as long sleeves and hats – protects the skin from the sun and keeps the body cool.

Sun Safe Soccer will save lives.



Information for Coaches



Why are coaches involved?

- Because coaches are the team leaders.
- Because children listen to their coaches.
- Because you build habits that stay with your players for a lifetime.
- Because coaches are committed to the health of their players and the sport.

What are the benefits?

- Knowing that you're teaching lifelong healthy habits to every member of your team.
- Being recognized by parents for your leadership both on and off the field when you take action to reduce the risk of skin cancer.
- Showing your team that you care about them.
- Improving recruiting efforts because parents want their children to play for a coach who makes children's health and safety a priority.

Help soccer become the most sun-safe sport nationwide by teaching – and practicing – the Sun Safe Soccer steps.

What is Sun Safe Soccer?

Sun Safe Soccer is a national skin cancer prevention program that asks coaches to help create a culture of sun protection in soccer – one of the most-played sports by children ages 4 to 19 in the United States.

While soccer contributes to healthy lives, we also know:

- Sun exposure early in life is the leading cause of skin cancer in adulthood.
- Skin cancers are largely caused by ultraviolet radiation from the sun.
- Most sun damage is done before 18 years of age.

The American Society for Dermatologic Surgery (ASDS) is leading this Sun Safe Soccer program to help ensure young soccer players have a healthier future by:

- Teaching soccer coaches the basics of sun protection.
- Motivating these coaches – called Champions – to pass that knowledge on to their players and their parents.

Practicing Sun Safe Soccer is vital in the fight against skin cancer!

About Sun Safe Soccer

Sun Safe Soccer was developed by dermatologic surgeon Ian Maher, MD, of Richmond, Va., as part of the ASDS Future Leaders Network program. An Assistant Professor of Dermatology at Virginia Commonwealth University, Dr. Maher wanted to do something about the skin cancer epidemic and worked with his patients who were part of the travel soccer community of Central Virginia to bring Sun Safe Soccer to their organizations.

Dr. Maher was accepted into the Future Leaders Network leadership program in 2010 and began Sun Safe Soccer pilot programs in his hometown. Now being expanded nationally, Sun Safe Soccer is looking for coaches to serve as "Champions" in soccer clubs and leagues across the country to spread the program's message and inspire others to practice sun protection habits. Sponsors also are being sought to help offset costs of materials and supplies.

For More Information

- asds.net/Sun-Safe-Soccer
- Facebook: [Sun Safe Soccer](#)
- Twitter: [@SunSafeSoccer](#)
- Email: sunsafesoccer@gmail.com

Frequently Asked Questions

Is there a cost to join Sun Safe Soccer?

The program and all materials are free and downloadable at www.asds.net/Sun-Safe-Soccer. The brochures, fliers and presentation explain the program and can be used to educate coaches, parents and children about the Sun Safe Soccer steps. Simply sign up your team to join the free program and spread the message! You will receive a survey along the way to find out how the program is working for you and your players and ask for ways to improve Sun Safe Soccer.

Does Sun Safe Soccer recommend any particular sunscreen? Sun Safe Soccer does not endorse any particular brand of sunscreen. For sports, we do recommend wearing a water-resistant, broad-spectrum, SPF 30 or higher sunscreen.

Will the children still get enough Vitamin D?

Yes! Players get far more than their recommended sun exposure just from the time spent outdoors as part of their regular routines.

What can I do to help?

After signing up your team and teaching them the Sun Safe Soccer steps – and therefore becoming a Champion of the Sun Safe Soccer program – please also help spread the message by liking the Sun Safe Soccer page on Facebook and following us on Twitter. As a coach and respected role model, one of the best ways to help is to follow the Sun Safe Soccer steps yourself!

