

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 Parents



Why should you get involved?

- Because your children learn life skills from you.
- Because you can spread the word about sun protection to friends and family members.
- Because you are invested in the long-term health of your child.
- Because it's never too early to teach your children lifelong habits for sun protection.

What are the benefits?

- Knowing that you are reducing your child's risk of developing skin cancer.
- Knowing that you are teaching your child habits that will stick with them for life.
- Learning healthy habits that you can implement in your own life.
- Knowing that safe sun protection has an added bonus of reducing signs of aging skin such as sun spots and wrinkles.

***Sun Safe Soccer
can save lives!***

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. Your team's coach has made the decision to participate in this program and encourage sun safe habits in children.

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 and motivating them to pass that knowledge on to their players and their parents.
- Encouraging players and their parents to embrace the Sun Safe Soccer steps.

***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, a former collegiate soccer player, 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 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.

Contact Information

- asds.net/Sun-Safe-Soccer
- **Twitter:** @SunSafeSoccer
- **Facebook:** Sun Safe Soccer
- **Email:** sunsafesoccer@gmail.com

Frequently Asked Questions

Is participation mandatory for my child to play for the team?

No. While these steps are intended to improve your child's long-term health, following these steps is completely at the discretion of the parent.

Does Sun Safe Soccer recommend any particular sunscreen?

Sun Safe Soccer does not endorse any particular brand of sunscreen. However, for sports purposes we recommend wearing a waterproof, broad-spectrum, SPF 30 or higher sunscreen.

Will my child still get enough Vitamin D?

Yes! Your child gets far more than their recommended sun exposure just from the time spent outdoors as part of their regular routines. Additionally, according to recommendations from the American Society for Dermatologic Surgery and the American Academy of Dermatology, the best source of vitamin D for children is through food and vitamin supplements.

What can I do to help?

Support your coaches in reinforcing the Sun Safe Soccer message. And remember that following these easy steps will have positive effects on your health too.

What if I have questions?

Follow us on Twitter at @SunSafeSoccer or like our Facebook page at [facebook.com/SunSafeSoccer](https://www.facebook.com/SunSafeSoccer). We look forward to hearing from you!

