Skin Cancer

Relay Activity – Skin Cancer

Slip! Slop! Slap! Wrap! Citation

Promote use of sunscreen by issuing citations. The citations emphasize the positive measures people are taking to protect from the sun. Ninety percent of skin cancers could have been prevented. Protect yourself from sunburn by avoiding the sun between 10 a.m. and 4 p.m. and using sunscreen with SPF 15 or higher. A tan is not healthy. It is the body's response to an injury of the skin caused by the dangerous ultraviolet rays of the sun. Relay participants can protect themselves from skin cancer by following these simple steps:

- **Slip** on a shirt - Choose shirts and pants that protect as much skin as possible.
- **Slop** on sunscreen - Choose a sunscreen with sun protection factor (SPF) 15 or higher.
- **Slap** on a hat - Choose a hat that shades the face, neck, and ears.
- **Wrap** on sunglasses - Protect your eyes and the sensitive skin around them from UV rays.

Supplies:
- Citations
- Pens or pencils
- Sunscreen
- Slip! Slop! Slap! Officer badges

Directions:
1. Slip! Slop! Slap! Officers approach Relayers on the track or the field and ask them if they have slipped on a shirt, slopped on sunscreen, slapped on a hat with a wide brim, and wrapped on sunglasses.
2. If the Relayer in question complies, or the volunteers observe any that have a hat and shirt on, they issue a citation to the participant.
3. The participant can turn the citation in to receive a prize or to enter a drawing for a prize. If sunscreen is available at the prize area, this is a chance to direct those who have not slopped on sunscreen to do so. Volunteers can also have prizes and sunscreen as they walk the track.
4. Create a team campsite theme promoting skin safety. Have team members dress in police hats and wear the sun patrol badges.

$$$ Team Fundraising Tip:
Turn this Fight Back activity into an on-site fundraiser by creating a Sun Safety Awareness Jail and Bail. Stop participants walking the track. The person who doesn’t meet the criteria on the citation goes into a “Jail” box. In order for them to go free they must put on their sunscreen and have someone bail them out by giving a donation. Give the donor and the person who is jailed sun safety and skin cancer awareness tips.
Slip! Slop! Slap! Wrap! Citation

You have been issued this citation for compliance with the following American Cancer Society guidelines concerning sun exposure.

☐ Slip! On a shirt. Protect your skin with clothing.

☐ Slop! On sunscreen with a Sun Protection Factor (SPF) of 15 or higher.

☐ Slap! On a hat with a wide brim. Make sure the hat protects your face, ears, and neck. (No baseball caps.)

☐ Wrap! On sunglasses. Protect your eyes from UV rays.

☐ Slurp! Keep hydrated by constantly drinking water.

☐ Reapply! Be sure to put on more sunscreen.

During the middle of the day the sun's rays are very strong. Take the shadow test: when your shadow is shorter than you are, the sun is high in the sky, and the ultraviolet rays are very strong. UV rays travel through clouds. Be sure to protect your skin even on cloudy or overcast days.

For more information call 1-800-ACS-2345 or visit www.cancer.org
Slip! Slop! Slap!

Officer

Slip! Slop! Slap!

Officer

Slip! Slop! Slap!

Officer

Slip! Slop! Slap!

Officer
Design your own … Skin Cancer Activity

We are so glad that you have chosen to design your own Fight Back activity at your event or campsite. Before you start planning, please make sure you review the American Cancer Society guidelines below. Please submit this back to your Relay staff partner for approval and for any materials you may need. Good luck!

Questions to keep in mind

- Who will you be targeting? (Adults? Youth? Males? Females?)
- Where will you be doing the activity? (Fight Back area? Campsite? Stage?)
- If the committee is designing the activity, how will you have teams implement it?
- How will you promote the activity at the event to make sure there is participation? (Stage announcement? Implement on the track? In the event program?)
- How many volunteers will be implementing this activity?

Message and American Cancer Society Guidelines

Everyone is at risk for skin cancer whatever there skin color.

Everyone needs to protect themselves from the sun.

Following are actions you can take to reduce your risk of skin cancer:

- **Slip** on a shirt – choose shirts and pants that protect as much skin as possible.
- **Slop** on sunscreen – choose a sunscreen with a Sun Protection Factor (SPF) of 15 or higher.
- **Slap** on a hat – choose a hat that shades the face, neck, and ears.
- **Wrap** on sunglasses – protect your eyes from UV rays.

Fight Back! Slip! Slop! Slap! Wrap!

Activity

Activity Name:

Supplies Needed:

Activity Description: