Sun Protection Policy for Sporting Groups

Cancer Council NSW has designed this Sun Protection Policy to help sport and recreation bodies develop a comprehensive sun protection policy. Club/organisations can adapt the policy to reflect the nature and practicalities of their sports, however the principles of the policy should not be changed.

Cancer Council staff can provide additional guidance on request. The policy should be used in conjunction with the information sheet ‘Sun Safety for Sport and Recreation’ which can be found at www.cancercouncil.com.au/sunsmart and click ‘Sporting Groups and Sun Protection’.

Unprotected exposure to the sun’s ultra violet (UV) radiation can have an immediate negative impact on performance and hydration, and can cause painful sunburn. Exposure to UV radiation also increases the risk of skin damage and skin cancer. About 1800 Australians die every year from skin cancer yet it is a largely preventable disease. The actions explained in this policy can help reduce the harmful effects of exposure to UV radiation for participants, officials and spectators. Our club/organisation has a duty of care to provide a safe environment for everyone involved in our activities. Providing a safe environment includes protecting people from the harmful effects of UV radiation.

As part of our commitment to the health and safety of officials, participants and spectators will:

1. Scheduling outdoor activities
Where possible we:
• schedule outdoor events and/or training times outside peak UV times of 10am-2pm (11am-3pm daylight saving time).
• consider all sun protection measures when planning outdoor events and/or training.

2. Shade
Where possible we:
• provide shade structures (trees, built and portable shade structures etc).
• encourage spectators, officials and participants to use the shade available, and encourage people to bring their own umbrellas and shade tents.

3. Hats
Where possible:
• officials and participants will be provided or encouraged to wear sun-safe hats that protect the face, neck and ears. Recommended sun-safe hats include legionnaire, board-brimmed and bucket hats. Baseball caps provide inadequate sun protection and are not recommended.

4. Clothing
Where possible:
• Officials and participants will be provided or encouraged to wear sun-safe clothing that covers as much skin as possible, including shirts/tops with a longer sleeve and a collar, and long shorts or trousers.
5. Sunscreen
Where possible:
• SPF 30+ broad-spectrum, water-resistant sunscreen is available for spectators, officials and participants. Sunscreen should be applied at least 20 minutes before going outdoors.
• Spectators, officials and participants will be encouraged to reapply sunscreen every 2 hours when outdoors.

6. Sunglasses
Where possible:
• Officials and participants will be encouraged to wear close-fitting wrap-around sunglasses that cover as much of the eye areas as possible and comply with Australian Standard AS1067 (Sunglasses: Category 2, 3 or 4).

7. Increase awareness of sun safety
• Sun protection information is regularly promoted to officials, participating and spectators through briefing or training sessions, newsletters, notice boards, online, sporting enrolment and announcements at sporting events.

8. Role modelling of officials
• Officials are encouraged to role model good sun protection behaviours when outdoors.

9. Review
• We will regularly monitor and review the effectiveness of the Sun Protection Policy to ensure it remains relevant and current.

Signed (by designated authorities)

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Date  ________________________________  Date  ________________________________