

# Sample Sun Protection Policy for sporting groups

Cancer Council NSW has developed this document to help sport and recreation organisations/clubs develop a comprehensive Sun Protection Policy. It is intended as a guide only, and organisations/clubs can adapt the policy to reflect the nature and practicalities of their sports.

Unprotected exposure to the sun's ultraviolet (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 1,800 Australians die every year from skin cancer, yet it is a largely preventable disease. Given that sporting events often take place during peak UV radiation times during the day, sporting organisations can play a major role in minimising UV radiation exposure by providing an environment where policies and procedures positively influence sun protective behaviours.

## <Organisation/club name> Sun Protection Policy

**Aims** This policy aims to ensure all participants, officials and spectators are protected from the harmful effects of the sun throughout the year, and that we provide a sporting environment that supports sun safety awareness and practices.

**Our commitment** Our organisation/club 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.

Participants, officials and spectators will be encouraged to access the SunSmart UV Alert at [www.cancercouncil.com.au/sunsmart](http://www.cancercouncil.com.au/sunsmart) to view local UV levels. Wherever possible, we will use a combination of sun protection measures for all outdoor activities from September until the end of April and whenever UV levels reach 3 and above (the level that can damage skin and eyes) including the following:

### 1. Scheduling outdoor activities:

- 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.
- Investigate the feasibility of having evening training sessions, games and events.

### 2. Shade:

- Hold training sessions and competitions at venues that provide adequate shade.
- Encourage participants, officials and spectators to use the shade available, and encourage people to bring their own umbrellas and shade tents.

### 3. Hats:

- Ensure that officials and participants are provided with 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 do not provide adequate sun protection and are not recommended.
- Encourage members who do not bring hats to play in an area protected from the sun or enforce a 'no hat, play in the shade' rule for junior members.

### 4. Clothing

- Ensure that officials and participants are provided with or encouraged to wear sun-safe clothing that covers as much skin as possible, including shirts/tops with longer sleeves and a collar, and long shorts or pants.
- Incorporate clothing that is cool, loose fitting and made of densely woven fabric into the club uniform. Any fabric with an ultraviolet protection factor (UPF) rating above 15 provides good protection against UV radiation, but UPF50+ is recommended (AS/NZS 4399:1996).
- Incorporate a swimsuit and rash vest with a UPF50+ into the club uniform for water sports.

### 5. Sunscreen

- Sunscreen is available that is at least SPF 30+, broad-spectrum and water-resistant and participants, coaches, officials and spectators are encouraged to use it appropriately.
- Ensure that sunscreen is applied at least 20 minutes before going outdoors, and is reapplied every 2 hours when outdoors, or after getting wet or perspiring.

### 6. Sunglasses

- Encourage officials and participants to wear close-fitting, wrap-around sunglasses that cover as much of the eye area as possible and comply with Australian Standard AS/NZS 1067:2003 (Sunglasses: Category 2, 3 or 4).

## 7. Increase awareness of sun safety

- Regularly promote sun protection information to officials, participants and spectators through briefings or training sessions, newsletters, notice boards, online communications, enrolment and announcements at sporting events.
- Inform individuals about the organisation's Sun Protection Policy when they apply for membership.

## 8. Role modelling

- Encourage all officials, coaches, trainers and adult members of the club to act as positive role models for younger members in all aspects of sun safe behaviour, including using a combination of sun protection measures.

## 9. Review

- Regularly monitor and review the effectiveness of the Sun Protection Policy to ensure it remains relevant and current.

### Signed (by designated authorities)

Considered and accepted by the committee:

Considered and accepted by the club captain:

Considered and accepted by the coaching staff:

### Further resources

Additional resources for sporting organisations can be found on Cancer Council NSW's website at <http://www.cancercouncil.com.au/sunsmart>, including:

- **10 step sun protection checklist for sporting organisations:** a short checklist to help officials, coaches and other staff assess current practices and behaviours and suggestions for improvements.
- **SunSmart UV Alert:** You can check the **SunSmart UV Alert** daily at [www.cancercouncil.com.au/sunsmartuvalert](http://www.cancercouncil.com.au/sunsmartuvalert), in most local newspapers, or by downloading the **free SunSmart App** for iPhones and Android. You can also add the **UV Alert widget** to your website.
- **The Sun Sound:** a catchy five-second jingle designed to be played at regular intervals on loudspeakers at beaches, pools and sportsgrounds. It's a friendly reminder to people to protect their skin from the sun.



Image courtesy of Queensland Health

### Need more help?

e: [sunsmart@nswcc.org.au](mailto:sunsmart@nswcc.org.au) f: (02) 8302 3529 SunSmart Infoline: (02) 9334 1761

w: [www.cancercouncil.com.au/sunsmart](http://www.cancercouncil.com.au/sunsmart)

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