

# 10-step Sun Protection Checklist for Sporting Organisations.

Australia has the highest rates of skin cancer in the world, and within Australia, skin cancer is the most common cancer. Sporting organisations have a duty of care to protect their communities from the harmful effects of UV, who are at high risk as they are often outside for prolonged periods of time.

Complete the following checklist to see how well your sporting club is doing in the implementation of best-practice sun protection. Think about each of the sun protection strategies outlined below and place a 'tick' (✓) or 'cross' (✗) in the boxes to indicate if these are being implemented in your organisation/club.

Sun protection recommendation	✗	✓	Strategies to improve in this area (examples)
<b>1. Set up a sun safe policy</b> Ensure a sun protection policy is in place that outlines participants', coaches', officials', volunteers' and spectators' responsibilities in relation to the next nine recommendations listed below.			<ul style="list-style-type: none"> <li>Decide if your organisation needs a new policy, or if there is an existing sun protection policy available through your state sporting organisation, or an existing WHS policy that can be modified to incorporate sun protection. Use our <a href="#">Sun Protection Policy</a> template if you need a new policy.</li> <li>Involve your leadership team as you develop, implement and monitor the actions listed in your policy.</li> </ul>
<b>2. Scheduling of outdoor activities</b> UV levels and daily sun protection times are used to ensure a correct understanding of local sun protection requirements. Consider all sun protection measures when planning training, outdoor events and competitions.			<ul style="list-style-type: none"> <li>Timetable events to avoid peak UV radiation times.</li> <li>Utilise indoor facilities for training sessions.</li> <li>Encourage the use of the <a href="#">SunSmart App</a> to check daily UV radiation levels and download it to coaches' phones and onto the club website.</li> <li>Add a <a href="#">SunSmart UV Widget</a> to your website to display the daily UV radiation levels in your local area.</li> </ul>
<b>3. Shade</b> There is enough high-quality shade for all participants, coaches, officials, volunteers and spectators, and they are encouraged to use the shade available.			<ul style="list-style-type: none"> <li>Plan to increase the amount of available shade.</li> <li>Consider availability of shade at your pool or home ground, and also when playing/participating away.</li> <li>When available, apply for a grant to increase the shade amenities.</li> </ul>
<b>4. Clothing</b> Participants, coaches and officials wear a uniform designed to provide good protection from the sun, including collars, longer sleeves, longer-style pants and/or rash vests for swimming.			<ul style="list-style-type: none"> <li>Endorse a club polo shirt that has longer, elbow-length sleeves and a collar.</li> <li>Ensure uniform includes longer-style pants.</li> <li>Include a rash vest for sports involving swimming.</li> <li>Use sun-protective fabrics –UPF50+ is recommended (AS/NZS 4399:1996).</li> </ul>
<b>5. Hats</b> Participants, coaches and officials wear a legionnaire, broad-brimmed or bucket-style hat that provides good protection from the sun.			<ul style="list-style-type: none"> <li>Endorse a legionnaire, broad-brimmed or bucket-style club hat as part of your club uniform. Consider excluding caps from your uniform range, as they do not protect the ears and neck.</li> </ul>

<b>6. Sunscreen</b> Sunscreen is available that is SPF 50 (or higher), broad-spectrum and water-resistant and participants, coaches, officials, volunteers and spectators are encouraged to use it appropriately.		<ul style="list-style-type: none"> <li>• Purchase sunscreen that is SPF50 (or higher), broad-spectrum and water-resistant and make it easily accessible.</li> <li>• Make sunscreen available for use or sale in the canteen.</li> <li>• Ensure that sunscreen is applied 20 minutes before going outdoors.</li> <li>• Ensure that sunscreen is reapplied during breaks if matches or meets are over 2 hours long, or after getting wet, towelling off, or perspiring.</li> </ul>
<b>7. Sunglasses</b> Encourage officials, participants and spectators to wear close-fitting wrap-around sunglasses that cover as much of the eye area as possible and comply with Australian Standard AS1067 (Sunglasses: Category 2, 3 or 4).		<ul style="list-style-type: none"> <li>• Provide or encourage the use of wrap-around sunglasses.</li> </ul>
<b>8. Special events</b> Sun protection is incorporated into the planning of all carnivals, including shade.		<ul style="list-style-type: none"> <li>• Provide portable shade as designated rest areas for participants and officials.</li> </ul>
<b>9. Role modelling</b> Coaches, officials and senior sportspeople role-model good sun protection behaviours.		<ul style="list-style-type: none"> <li>• Use senior sportspeople, coaches and officials as role models for sun protective behaviours.</li> <li>• Encourage parents to practice sun safe behaviours.</li> <li>• Offer awards to teams and individuals that are sun safe.</li> </ul>
<b>10. Education</b> Sun protection information is regularly promoted through coaching clinics, camps, development programs, events, posters, online communication and parent information, and upon enrolment.		<ul style="list-style-type: none"> <li>• Organise a community speaker from Cancer Council to make a presentation about sun protection.</li> <li>• Include sun protection education as a component of all events.</li> <li>• Include articles in the newsletter and/or announcements over the PA system to serve as a reminder to be sun safe.</li> <li>• Display posters and brochures.</li> <li>• Include sun protection information with enrolment forms, parent brochures, etc.</li> </ul>
<b>Total number of ticks and crosses</b>		

If you have 7 or more ticks (✓) you are doing a great job. However, unless you scored a perfect 10, there is still room for improvement!

Think about how you can change a 'no' to a 'yes' – this may require involving other people, your leadership team and/or your peak sporting organisations. See the AIS [Sun Safe Sports](#) Position Statement for more information.

Sporting communities play a crucial role in promoting sun protection amongst their communities. Strategies for success include:

- Engage your leadership team and recognise UV protection as a duty of care issue
- Explore how you can bring to life and sustain the strategies outlined in this Checklist
- Consider ways you can build a positive sun protection culture through your champions and advocates

Last reviewed: August 2025