

Sample Sun Protection Policy for Sporting Groups

Australia has the highest rates of skin cancer in the world, and within Australia, skin cancer is the most common cancer. Australians who regularly work and play outdoors are exposed to five to 10 times more UV radiation, placing them at higher risk of skin damage and skin cancer. Damage is permanent and irreversible and increases with each exposure.

Sporting organisations have an important role to play in fostering physical and mental wellbeing and building strong social connections. Creating sun safe environments that minimise the risks associated with UV radiation should be a part of this commitment to the wellbeing of all members of your sporting community, including athletes, coaches, officials, volunteers and spectators.

When the UV index reaches 3 or above, sun protection is required. The best method of sun protection is primary prevention; that is, preventing skin cancer before it occurs. This is represented by the *Slip, Slop, Slap, Seek, and Slide* message, which means wearing sun protective clothing, hats, and sunglasses, applying sunscreen and seeking out shade. Every day you protect your skin you reduce your risk.

Cancer Council NSW has developed this policy template to support sport and recreation organisations as they develop and implement their sun protection policy. It is intended as a guide, where organisations can adapt the policy to suit their sport's context and to align with their existing WH&S systems.

Aims This policy aims to ensure all participants, officials, volunteers 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 sporting organisation has a duty of care to provide a safe environment for everyone involved in our activities. Providing a safe environment includes protecting our community from the harmful effects of UV radiation.

Our sport leaders and event organisers use the [SunSmart App](#) to view daily local UV levels and sun protection times to help inform their planning and communications.

Wherever possible, we use a combination of sun protection measures for all outdoor activities whenever the UV Index is 3 and above, including the following activities (listed 1-9 below):

1. Scheduling outdoor activities:

- The UV Index and recommended daily sun protection times are used to guide sun protection requirements for sporting activities in your local area.
- Consider all sun protection measures when planning training, outdoor events and competitions.
- Investigate the feasibility of having evening training sessions, games and events where possible.

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.
- Consider providing portable shade at your outdoor events to demonstrate your club's commitment to sun safety.

3. Hats

- Ensure that officials, coaches, volunteers 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, broad-brim and bucket hats. Baseball caps do not provide adequate sun protection and are not recommended.

4. Clothing

- Ensure that officials, coaches, volunteers and participants are provided with or encouraged to wear sun safe clothing that covers as much skin as possible, including shirts/tops with elbow length 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

- SPF50 (or higher), broad-spectrum and water-resistant sunscreen is available and participants, coaches, officials, volunteers and spectators are encouraged to use it appropriately.
- 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, 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)

7. Increase awareness of sun safety

- Regularly promote sun protection information to officials, participants, volunteers 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 Leadership Committee (sign and date):
Considered and accepted by the Club Captains (sign and date):
Considered and accepted by the Coaching Staff (sign and date):

CAN10502 08/25

Last reviewed: August 2025