

SunSmart workplaces: Sport and recreation

Small changes can mean big protection for your community.

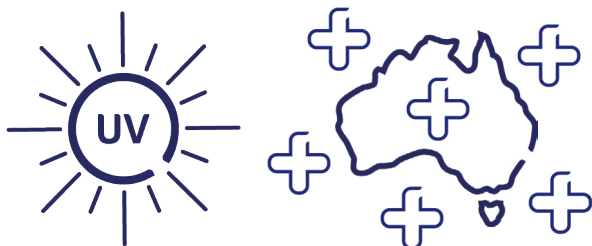
People involved in sports and recreation - including volunteers, activities coordinators, coaches, players, managers, ground staff and event crew - often spend long hours outdoors.

As outdoor workers, whether paid or unpaid, they are regularly exposed to hazards such as ultraviolet (UV) radiation. This ongoing exposure significantly increases their risk of developing skin cancer. Under work health and safety laws, employers have a **legal responsibility** to provide a safe environment and minimise health risks, including protecting workers from harmful UV exposure.



Why sun safety matters

Exposure to UV radiation is a leading cause of skin cancer in Australia.



Every year in Australia it's estimated that over **200** melanomas and **34,000** other skin cancers are caused by **UV exposure in the workplace**.

Skin cancer is largely preventable. That makes effective sun protection not just good practice - but the responsibility of all organisations from local clubs right through to national organisations.



Did you know?

Sports and recreation participation can lead to overexposure. For example, tennis players may receive over 9 times the safe daily UV dose in a single hour.

Sporting and recreational environments can increase risk due to:

- long periods outdoors
- training or competing during peak UV times
- reflective surfaces such as water, sand or synthetic turf
- limited shade.

UV damage is cumulative, irreversible and can happen on cloudy or overcast days.



Practical ways your workplace can reduce UV exposure

While sun safety is a shared responsibility, it starts by the club or organisation creating a supportive environment. Simple changes can make a big difference.

Sporting and recreational organisations can:

- ✓ **Schedule training or games** outside peak UV periods where possible.
- ✓ **Provide shade** for players, officials and spectators - like portable marquees, umbrellas or under tree canopy.
- ✓ **Require sun-safe uniforms** - including hats, protective clothing and sunglasses, where possible.
- ✓ **Provide SPF 50+ sunscreen** and encourage regular reapplication.
- ✓ **Understand your current risk level** by completing this [online assessment](#) for workplaces and identify key areas for improvement.
- ✓ **Get leadership buy-in** – when decision makers care about sun safety it sends a strong message to workers and drives change. There are [resources](#) to help you get decision makers on board.
- ✓ **Communicate your SunSmart changes** - you can use posters, social media tiles, animations and info sheets available on our [website](#) - this can also include making sure photos you share demonstrate and encourage sun safe behaviours.
- ✓ **Work with staff** to find out how to keep improving sun safety - encourage practical ideas sharing.



Make sun safety part of the game

For everyone involved in sport and recreation, sun protection should be part of the routine - like warming up and staying hydrated. When sporting and recreational organisations support and promote these practices, they reinforce individual responsibility and help build safer and healthier sporting and recreational communities.

Protect your team for the long run

Sun protection is a long-term commitment that helps everyone stay healthy and active. By building sun safety into everyday routines and organisational practices, sporting and recreation communities can help make sure activities remain a safe and positive experience for everyone.

Visit www.cancercouncil.com.au/sunsmart-workplaces for more tools and resources to support you.