DELETE THESE INSTRUCTIONS BEFORE PUBLISHING

***Instructions**: This document is intended to be used as a template, so please review the document and adapt it to suit your club or organisation, sport or recreation activities, and the venues you use. Consider everyone involved, including participants, coaches, officials, volunteers, staff and spectators. This may include:*

- *Removing or editing bullet points and adding aims and rationale that link to other health and safety initiatives you have in place.*
- *Using the workplace assessment tool https://www.cancercouncil.com.au/sunsmart-workplaces/assessment/ to determine the sun safety measures you are already implementing, or will implement in future.*

SunSmart Sport & Recreation Policy

Rationale

Australia has one of the highest rates of skin cancer in the world. People who regularly participate in, officiate, volunteer for or spectate outdoor sport and recreation activities are exposed to high levels of ultraviolet (UV) radiation and are at increased risk of skin damage and skin cancer. Damage caused by UV radiation is permanent, cumulative and largely preventable.

Sporting organisations play an important role in promoting health and wellbeing and have a duty of care to provide a safe environment for all members of their sporting community. This includes taking reasonable steps to reduce the health risks associated with exposure to UV radiation.

When the UV Index is 3 or above, sun protection is required. A combination of sun protection measures provides the best protection against UV exposure. These measures are represented by the Slip, Slop, Slap, Seek and Slide message.

Aims

This policy aims to reduce exposure to UV radiation and support sun safe practices across all activities delivered by the organisation. It outlines the measures we will take to provide a safe sporting environment and encourage lifelong sun protection behaviours.

Our commitment

We will:

- consider UV exposure risks when planning training sessions, competitions, events and other outdoor activities
- use daily UV forecasts and recommended sun protection times to inform planning and communications
- provide and promote access to appropriate sun protection measures whenever the UV Index is 3 or above
- provide education and information to increase awareness of sun safety
- encourage all members to use a combination of sun protection measures
- encourage coaches, officials, volunteers and leaders to act as positive role models for sun safe behaviour
- regularly review our sun protection practices and opportunities for improvement

The organisation will:

Planning and engineering controls

- use local UV forecasts and recommended daily sun protection times to guide planning and decision-making for outdoor activities
- consider UV exposure risks and sun protection requirements when planning training sessions, competitions and events
- investigate opportunities to schedule training, games and events outside peak UV periods where practical and appropriate
- select venues that provide adequate shade wherever possible
- encourage participants, officials, volunteers and spectators to use available shade during breaks and when not actively participating
- encourage people to bring their own umbrellas or shade structures where appropriate
- consider providing portable shade at outdoor events
- consider shade requirements when planning future facilities, upgrades and events

Sun protection equipment and clothing

- encourage or provide sun protective clothing that covers as much skin as practical

- incorporate cool, loose-fitting and densely woven fabrics into uniforms where practical
- encourage or provide broad-brim, bucket or legionnaire hats
- encourage the use of UPF50+ rash vests and swimwear for water-based activities
- provide or make available SPF50+ broad-spectrum, water-resistant sunscreen
- encourage sunscreen application 20 minutes before outdoor activity and reapplication every two hours
- encourage the use of sunglasses that meet Australian Standards

Education and communication

- promote sun safety information through inductions, newsletters, websites, social media, registrations, notices and event communications
- encourage the use of the SunSmart Global UV App
- ensure members are informed about the organisation's Sun Protection Policy
- provide opportunities to increase awareness of UV exposure risks and effective sun protection practices
- encourage coaches, officials, volunteers and leaders to model positive sun safe behaviours

Participants and players will:

- support and comply with the organisation's sun protection practices
- use a combination of sun protection measures when the UV Index is 3 or above
- apply sunscreen and wear appropriate clothing, hats and sunglasses when participating in outdoor activities
- seek shade whenever practical, particularly during breaks in play or activity
- act as positive role models for others, particularly junior participants
- contribute to creating a sun safe environment for everyone involved in the sporting community

This policy will be reviewed on a regular basis, or at least every three years, to ensure it remains current, practical and effective. Any changes will be communicated to members.

Sign Off

Considered and accepted by Leadership Committee (sign and date)

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Considered and accepted by Coaching Staff (sign and date)

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For more information, contact the Skin Cancer Prevention team at:
sunsmartworkplaces@nswcc.org.au