

10-step sun protection checklist for sporting organisations.

Complete the following checklist to see how well best-practice sun protection is implemented in your sporting organisation/club. Think about each of the sun protection strategies and place a 'tick' (✓) or a '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)
1. Policy There is a Sun Protection Policy in place that outlines participants', coaches', officials' and spectators' responsibilities in relation to the next nine recommendations listed below.			<ul style="list-style-type: none"> 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. Develop, implement and monitor the actions listed in the policy.
2. Scheduling of outdoor activities 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 outdoor events and/or training.			<ul style="list-style-type: none"> Timetable events to avoid peak UV radiation times. Utilise indoor facilities for training sessions Encourage the use of the SunSmart App to check daily UV radiation levels and download it to coaches' phones and onto the club website.
3. Shade There is enough high-quality shade for all participants, coaches, officials and spectators, and they are encouraged to use the shade available.			<ul style="list-style-type: none"> Plan to increase the amount of available shade. Consider availability of shade at your pool or home ground, and also when playing/participating away. When available, apply for a grant to increase the shade amenities.
4. Clothing 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"> Endorse a club polo shirt that has longer sleeves and a collar. Ensure uniform includes longer-style pants. Include a rash vest for sports involving swimming. Use sun-protective fabrics –UPF50+ is recommended (AS/NZS 4399:1996).
5. Hats 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"> Endorse a legionnaire, broad-brimmed or bucket-style club hat

<p>6. Sunscreen</p> <p>Sunscreen is available that is SPF 30 (or higher), broad-spectrum and water-resistant and participants, coaches, officials and spectators are encouraged to use it appropriately.</p>			<ul style="list-style-type: none"> • Purchase sunscreen that is SPF 30 (or higher), broad-spectrum and water-resistant and make it easily accessible • Make sunscreen available for use or sale in the canteen. • Ensure that sunscreen is applied 20 minutes before going outdoors • Ensure that sunscreen is reapplied during breaks if matches or meets are over 2 hours long, or after getting wet or perspiring.
<p>7. Sunglasses</p> <p>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).</p>			<ul style="list-style-type: none"> • Provide or encourage the use of wrap-around sunglasses.
<p>8. Special events</p> <p>Sun protection is incorporated into the planning of all carnivals.</p>			<ul style="list-style-type: none"> • Provide artificial shade as designated rest areas for participants and officials
<p>9. Role modelling</p> <p>Coaches, officials and senior sportspeople role-model good sun protection behaviours.</p>			<ul style="list-style-type: none"> • Use senior sportspeople, coaches and officials as role models for sun protective behaviours. • Encourage parents to be practice sun safe behaviours. • Offer awards to teams and individuals that are sun safe
<p>10. Education</p> <p>Sun protection information is regularly promoted through coaching clinics, camps, development programs, events, posters, online communication and parent information, and upon enrolment.</p>			<ul style="list-style-type: none"> • Organise a Community Speaker from Cancer Council NSW to make a presentation about skin cancer prevention and early detection. • Include skin protection education as a component of all events. • Include articles in the newsletter and/or announcements over the PA system to serve as a reminder to be sun safe. • Display posters and brochures. • Include sun protection information with enrolment forms/parent brochures.
<p>Total number of ticks and crosses</p>			

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!

Start thinking about how you can change a 'no' to a 'yes' – this may require involving other people, including the use of your state or national peak sporting organisation bodies and accessing information from Cancer Council NSW's website.

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For more information contact the Cancer Council NSW SunSmart team on 02 9334 1761 or sunsmart@nswcc.org.au.
cancercouncil.com.au/cancer-prevention/sun-protection