

Sample sun protection policy for sporting groups.

Sporting organisations can play a major role in minimising UV radiation exposure by providing an environment where policies and procedures positively influence sun protective behaviours. Cancer Council NSW has developed this document to help sport and recreation organisations/clubs develop a comprehensive Sun Protection Policy. It is intended as a guide only, and organisations/clubs can adapt the policy to reflect the nature and practicalities of their sports.

Australia has the highest rate of skin cancer in the world, it's even known as our national cancer. Over 440,000 Australians are treated for skin cancer and unfortunately more than 2000 Australians die each year from skin cancer. Fortunately, skin cancer is preventable. Nearly all skin cancers are directly related to your exposure to ultraviolet (UV) radiation; this means, that when you protect your skin from the sun's UV radiation you reduce your risk. The good news is it's also never too late to start! Every day you protect your skin, you reduce your risk.

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

Participants, officials and spectators will be encouraged to access the SunSmart App to view daily local UV levels and sun protection times. Wherever possible, we will use a combination of sun protection measures for all outdoor when UV levels are 3 and above (the level that can damage skin and eyes) including the following:

1. Scheduling 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.
- Investigate the feasibility of having evening training sessions, games and events.

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.

3. Hats

- Ensure that officials and participants are provided with or encouraged to wear sun-safe hats that protect the face, neck and ears. Recommended sun smart hats include legionnaire, board-brimmed and bucket hats. Baseball caps do not provide adequate sun protection and are not recommended
- Encourage members who do not bring hats to play in an area protected from the sun or enforce a 'no hat, play in the shade' rule for junior members.

4. Clothing

- Ensure that officials and participants are provided with or encouraged to wear sun smart clothing that covers as much skin as possible, including shirts/tops with longer 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

- SPF 30 (or higher), broad-spectrum and water-resistant sunscreen is available and participants, coaches, officials, 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 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 committee:
Considered and accepted by the club captain:
Considered and accepted by the coaching staff:

Last reviewed: December 2020