

# Sample sun protection policy for sports



*When used in its entirety, this policy ensures your club is following current evidence-informed Cancer Council sun protection guidelines and recommendations. Any changes or adjustments to the policy may mean it no longer meets SunSmart guidelines.*

## Knox Boronia Cricket Club's sun protection policy

### Rationale

Every sporting club has a responsibility to provide a safe environment for their staff, officials, volunteers, members and participants. Identifying hazards and risk management strategies are key to providing a safe sporting environment. This includes ultraviolet (UV) radiation and sun protection.

Too much UV radiation exposure can cause sunburn, skin and eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world. More than two in three Australians will be diagnosed with skin cancer in their lifetime. As the sun's UV radiation (which cannot be seen or felt) is the major cause of skin cancer, most skin cancers can be prevented by using sun protection measures whenever UV levels are three or higher.

When training, participating in, or watching outdoor sports, people are exposed to high levels of UV.

### Purpose

This policy provides guidelines on effective UV protection strategies to minimise skin cancer risk and support our obligations and duty of care to all those associated with our club.

### Implementation

**Daily sun protection times** are forecast by the Bureau of Meteorology for the time-of-day UV levels are predicted to reach 3 or higher, based on location. At these levels, sun protection is recommended for all skin types. In Victoria, UV levels typically reach 3 or higher daily from mid-August to the end of April.

To assist with the implementation of this policy, club officials, coaches and participants are encouraged to access the daily local sun protection times via the [SunSmart widget](#) on the club's website, [free SunSmart Global UV app](#), [sunsmart.com.au](#) or [bom.gov.au](#).

The sun protection measures listed in this policy are used for all outdoor activities **during the daily local sun protection times or when outside for extended periods.**

### Procedures

#### Schedules

Where possible, training, events and competitions are scheduled to minimise exposure to UV. Where it is not possible to avoid peak UV periods, the following measures are considered to minimise risks:

- Warm-up activities and play duration are reduced where possible with additional break times in shade included
- Activities start earlier in the morning or later in the evening
- Staff, officials and volunteers frequently rotate out of direct UV
- Player interchange and substitution is used frequently
- Activity is held at an alternative venue (e.g. training under shade or indoors)

### Sun protection measures

#### Shade

- An assessment of existing shade is conducted at commonly used outdoor venues
- Shade from buildings, trees and other structures is used where possible (e.g. for player interchange, marshalling areas, spectator areas, coach talks, presentation ceremonies)
- When not actively playing or between individual events, participants are encouraged to rest in shaded areas
- Staff, officials and volunteers rotate to shaded areas and are encouraged to take breaks in the shade
- Where there is insufficient natural or built shade, temporary shade structures are provided or participants and spectators are invited to bring their own temporary shade (e.g. tents or umbrellas)

Use all five forms of sun protection



## Uniform/dress code

### Clothing

- Sun-protective clothing is included as part of on and off-field uniform and uniform / dress code for staff, officials and volunteers
- Tops/jerseys, trousers/skirts or rashies are made from UPF (UV Protection Factor) 50+ material
- Tops/jerseys and trousers/skirts are loose-fitting, lightweight and well-ventilated made from densely woven fabric with long sleeves and a collar and leg covering
- Where the competition uniform does not provide adequate sun protection, participants are reminded to apply SPF50+ broad-spectrum, water-resistant sunscreen to all exposed skin and wear covering clothing whilst not on the field.

### Hats

- Wide-brimmed, legionnaire or bucket hats are included as part of the on and off-field uniform (even if they can't be worn in actual play) and uniform/dress code for staff, officials and volunteers
- Caps and visors do not provide adequate sun protection to the face, ears and neck and are not recommended for staff, officials and volunteers or for players off-field. As an interim, short-term measure for on-field play or training, where sun protective hats cannot be used, participants may wear caps in combination with sunscreen applied to parts of skin not covered by clothing

### Sunglasses

- Where practical, staff, officials, volunteers and participants are advised to wear close-fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible

### Sunscreen

- SPF50+ broad-spectrum, water-resistant sunscreen is promoted and/or provided to staff, officials, volunteers and participants and, where possible, attendees/spectators
- Staff, officials, volunteers and participants are encouraged to apply sunscreen (the equivalent of one teaspoon per limb for adults) 20 minutes before training or playing and to reapply every two hours or immediately after sweating, swimming or towelling dry
- Sunscreen is stored below 30°C and replaced once it is past the expiry date
- The first aid kit includes a supply of SPF50+ broad-spectrum, water-resistant sunscreen

## Leadership and education

- As part of OHS UV risk controls and role-modelling, officials, coaches and senior members:
  - wear a sun-protective hat, covering clothing and sunglasses
  - apply SPF50+ broad-spectrum, water-resistant sunscreen
  - seek shade whenever possible
  - are supported to access resources, tools and learning to enhance their knowledge and capacity to promote sun protection across the club
- SunSmart information is included in club guidelines/handbook which is accessible and promoted to all club members upon enrolment and throughout the season.
- Club spectators/ supporters are encouraged and reminded to bring and use their own sun protection
- The times when sun protection is required (as determined by UV levels and daily local sun protection times) are communicated to participants and spectators.

*Please note: Certain health conditions and medications mean some people are more sensitive to UV radiation and need to use sun protection at all times regardless of the UV levels. Please make sure your policy includes the particular needs of these children and staff at your school. For further information see Skin cancer risk factors at [sunsmart.com.au/skin-cancer](https://sunsmart.com.au/skin-cancer).*

Next policy review due: **31/03/2026**

Designated authority: **James Prendergast**

## Relevant documents / links

### SunSmart

- [SunSmart Global UV App / SunSmart widget](#)
- [Sun protection information in different languages](#)
- [Sun protection information for workplaces](#)

Australian Institute of Sports Position Statement: [Sun Safe Sports](#)

[Australian Sports Commission / Clearinghouse for Sport / Vicsport](#)

[Child Wellbeing and Safety Act 2005 \(Vic\) \(Part 2: Principles for children\) / Occupational Health and Safety Act](#) (2004)

Australian Radiation Protection and Nuclear Safety Authority

[Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation](#) (2006)

Safe Work Australia: [Guide on exposure to solar ultraviolet radiation \(UVR\)](#) (Mar 2020)

AS 4174:2018 Knitted and woven shade fabrics

AS/NZS 1067.1:2016 (Amd 2021), Eye and face protection - Sunglasses and fashion spectacles

AS 4399:2020, Sun protective clothing - Evaluation and classification

AS/NZS 2604:2012 Sunscreen products - Evaluation and classification

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