



## **SUN PROTECTION GUIDELINES**

### **1. INTRODUCTION**

- i) It is well known that Australia has the highest incidence of skin cancer in the world.
- ii) Levels of ultraviolet radiation are particularly high in many locations around Australia.
- iii) Many sporting events organised by School Sport Australia and its member bodies are conducted outdoors and in locations which have been identified as high skin cancer risk areas, particularly at certain times of the day.
- iv) It is, therefore, incumbent on School Sport Australia and its member bodies to protect students and staff, to the greatest extent possible, from the dangers of exposure to the sun.

### **2. AIMS**

The aims of this policy are to promote:

- i) An awareness of the dangers of exposure to the sun and the need for protective measures.
- ii) The need for positive attitudes and responsible behaviours towards skin protection.
- iii) Practices which can reduce the incidence of skin cancer.

### **3. IMPLEMENTATION STRATEGIES**

In order to ensure that all participants at School Sport Australia events are afforded the best possible protection from skin damage caused by the sun, the following implementation strategies are recommended:

- i) State associations should ensure that team uniforms are suitable for the locations to be visited and that hats are included when travelling to high sun risk venues.
- ii) State associations, where possible, should schedule matches outside the identified high risk times.
- iii) State associations, where possible, should ensure that adequate shade areas are provided at competition venues
- iv) State associations should ensure that team officials provide team members with adequate instruction on sun sense and protection measures.
- v) State associations should ensure that team officials provide modelling behaviours which are appropriate for protection from the sun.
- vi) State associations should ensure that team officials encourage personal protection measures for students at all times, including
  - Encouraging the wearing of hats when in the sun
  - Encouraging the use of broad spectrum sunscreen
  - Encouraging the use of available shade areas whenever possible

The above are protective measures which School Sport Australia encourages all participants to embrace so as to ensure that appropriate precautions are taken when exposed to the sun.

#### 4. **HEAT STRESS**

Heat stress can also affect sporting performance.

It is recommended that state associations ensure that their team officials are familiar with Sports Medicine Australia's Heat Stress and Exercise Guidelines.