



BOOST SPORT

SunSmart policy

Boost Sport SUNSMART policy

The following policy is in place to help Boost Sport minimise the risks of overexposure to UV when children are attending their programs that involve outdoor activities.

Rationale

The sun's ultraviolet (UV) radiation is the main cause of skin cancer. UV damage also causes sunburn, tanning, premature ageing and eye damage. Australia has one of the highest rates of skin cancer in the world. Two in three Australians will develop some form of skin cancer before the age of 70.

Sunburn and other UV damage is common while playing or watching sport, when people are exposed to the sun's UV radiation for long periods of time.

Sporting clubs and organisations have a responsibility under health and safety legislation to provide and maintain a safe working environment for staff, volunteers, players and spectators. By minimising UV harms, you will help to fulfil this obligation and duty of care.

Sun protection times

- The sun protection times from the Bureau of Meteorology forecast the time of day UV levels are due to reach 3 or higher. At these levels, sun protection is recommended for all skin types. In Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April.
- A combination of sun protection measures are needed during the daily local sun protection times.
- To assist with the implementation of this policy, coaches and participants are encouraged to access the daily local sun protection times at sunsmart.com.au, on the free SunSmart app or SunSmart widget (on the club website) and in the weather section of the newspaper.

Outdoor Activity modifications (including a cancellation policy)

- Where possible, Boost Sport programs are scheduled to minimise exposure to UV and heat.
- All effort will be made to run the Boost Sport programs in facilities with Indoor or undercover areas so the program to avoid cancellation.
- Cancellation of Boost Sport outdoor programs will occur when high risk conditions are forecast and an undercover or indoor facility is not available.

Where it is not possible to avoid peak UV and heat periods, the following interim steps are taken to minimise the risk of overexposure to UV and heat illness:

- Warm-up & sporting activities are limited in duration and intensity.
- The duration of each of the activities is reduced.
- Rest breaks and opportunities to seek shade and rehydrate are increased.
- Coaches act as role models by wearing sun-protective clothing and hats, applying sunscreen and seeking shade wherever possible.

Sun protection measures

1. Clothing

- Sun-protective clothing is included as part of a uniform for coaching staff.
- Tops/jerseys are loose-fitting and lightweight.
- The coaches will also provide adequate sun protection.
- Participants will be reminded to apply SPF50 (or higher) broad-spectrum, water-resistant sunscreen to all exposed skin and wear covering clothing whilst participating in the Boost Sport Programs.



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2. Sunscreen

- SPF50 broad-spectrum, water-resistant sunscreen is promoted and/or provided to participants.
- Participants are encouraged to apply sunscreen before commencing the Boost Sport program and to reapply every two hours or immediately after sweating.
- Sunscreen is stored below 30°C and replaced once it is past the use-by date.
- Participants are encouraged to apply a generous amount of sunscreen (the equivalent of one teaspoon per limb).
- The first aid kit includes a supply of SPF50 broad-spectrum, water-resistant sunscreen.

3. Hats

- Wide-brimmed or bucket hats should be worn by all coaches and participants during outdoor activities at all times.
- Caps and visors do not provide adequate sun protection to the face, ears and neck and are not recommended for extended sun protection.

4. Shade

- An assessment of existing shade has been conducted at commonly used outdoor venues.
- When not actively playing participants are able to rest in shaded areas.
- Shade from buildings, trees and other structures are used where possible.
- Participants and coaches will rotate to cooler, shaded areas.

5. Sunglasses

- Participants can wear sunglasses while participating in Boost Sport Outdoor activities. It is recommended that the sunglasses meet the Australian standard (AS/NZS 1067:2016).

Education and information

- The times when sun protection is required (as determined by SunSmart's daily local sun protection times) are communicated to participants and is normally between 11am-3pm.

Review

- This SunSmart policy will be reviewed regularly.
- This policy was last updated on 01st March 2019.
- Next policy review: 01st March 2020.

Relevant documents and links

- **SunSmart:** sunsmart.com.au
- **SunSmart widget:** sunsmart.com.au/uv-sun-protection/uv/uv-widget
- **SunSmart app:** sunsmart.com.au/app
- **Heat and UV Guide:** sunsmart.com.au/downloads/communities/sports-clubs/uv-exposure-heat-illness-guide.pdf
- **Shade audit:** sunsmart.com.au/shade-audit/
- **Australian Government Therapeutics Goods Administration (TGA) – Australian regulatory guidelines for sunscreens: 4. Labelling and advertising – directions for use of the product**
- **ARPANSA Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation (2006)**
- **Safe Work Australia: [Guidance Note – Sun protection for outdoor workers](#) (2016)**

For more information contact SunSmart:

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Disclaimer

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