



*CROQUET*  
*AUSTRALIA*

# *SunSmart Guidelines*

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Australia has the highest skin cancer rates globally with more than two in three Australians diagnosed with skin cancer in their lifetime. Sport is an integral part of Australian culture. Players, coaches, officials, volunteers, spectators and other personnel involved in sport spend prolonged periods of time outdoors. Consequently, participation in outdoor sport exposes players and support staff to increased levels of ultraviolet (UV) radiation from the sun with associated increased risk of sun damage, sunburn, and skin cancer. The more an individual is exposed to UV radiation, the greater their risk of developing skin cancer. Sporting organisations have a duty of care to ensure a safe environment including reducing solar UV radiation exposure. Thus, prevention strategies across all levels of the sport are needed to help protect those involved year-round.

## **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**

Croquet Australia and member bodies have 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.

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:

- Roll-ups/practice are limited.
- The duration of the activity is reduced.
- Activities start earlier in the morning or later in the evening.
- Rest breaks and opportunities to seek shade and rehydrate are increased.
- Officials rotate out of the sun more frequently than usual.
- Activity is held at an alternative venue (e.g. an undercover venue).
- Officials, coaches and senior members act as role models by wearing sun-protective clothing and hats, applying sunscreen and seeking shade wherever possible.

### **2. SUN PROTECTION MEASURES**

#### **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).

## Sunscreen

- SPF30 (or higher) broad-spectrum, water-resistant sunscreen is promoted and/or provided to 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.

## 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.

## 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.

## 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)

### 3. COMMUNICATION

- Yearly sun safety campaigns amongst target populations. Working in partnerships with other relevant agencies to integrate campaigns (for example National Skin Cancer Action Week in November every year)
- Visual and verbal prompting to remind athletes to use and reapply sunscreen, seek shade, and maximise clothing coverage during training or competition. This can also be applied to inform users, participants, or spectators to apply sunscreen adequately and regularly.
- Visual and verbal prompting for athletes and education on daily UV levels.
- Organisers communicate to those attending sporting events to bring sunscreen and protective clothing (e.g., by email or text prior to the day, supported by text reminders during the event).

### 4. EDUCATION AND TRAINING

- Ensure training of coaches, staff, and club leadership in UV/sun protection.
- Educate stakeholders about the difference between UV radiation and heat (infrared radiation) and using the UV Index to support increased understanding about best times to train to reduce risk (e.g. sun protection required when the UV Index reaches 3).
- Use UV awareness apps such as the SunSmart app, including ongoing education and reminders (e.g. in newsletters, team communication and signage in common areas) that provide guidance on UV exposure risk by time of day and year.
- Align the sun safety prevention messaging with other safety and prevention systems within the organisation.

## 5. LEADERSHIP

- Sporting organisations to work with relevant stakeholders (e.g., local and state governments, corporate sponsors) to optimise sun protection opportunities, such as national and international sporting events and in planning future facilities and upgrades to existing facilities.
- Champions to implement- those involved in the sport (coaches, trainers etc.) encourage athletes to protect themselves against the sun.
- Encourage elite players to act as role models to promote sun safety and lead by example.
- Strategies to drive implementation of sun/UV protection policies from a national peak sporting body to a state and local club level.

## 6. EVALUATION AND MONITORING

- Measuring how practices are implemented and achieving outcomes, and understanding any ongoing barriers to implementation will be critical to success.
- Collecting good news case studies and working with other key stakeholders to share these, can support broader cultural change to occur. UV wearable technology is also available, to measure UV exposure risk across different sports and to help improve knowledge and sun protection practices.
- Regular reviews of the effectiveness of sun protection and potential opportunities for implementing additional sun protection due to facility upgrades, funding grants or changes of rules to permit better sun protective clothing, hats, sunglasses, or sunscreen use should occur.

## 7. RESOURCES

Relevant documents and links:

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

Bureau of Meteorology: <http://www.bom.gov.au/>

Cancer Council: <https://www.cancer.org.au/contact-us>

SunSmart: <https://www.sunsmart.com.au/>

SunSmart app: <https://www.sunsmart.com.au/resources/sunsmart-app>

### Disclaimer

*The information contained in this policy is general in nature and does not constitute medical advice from your doctor or health professional. While all reasonable attempts have been made to ensure the accuracy of the information contained in this policy, Croquet Australia and associated parties cannot accept responsibility for loss, injury, claim or damage resulting from the use or application of information within this guide.*