3.11 Sun Protection Policy

Diocese of Lismore Secondary Sports Association

NSWCPSSC are committed to promoting the awareness of the danger to exposure to the sun and ensuring a positive attitude and responsible behaviour toward skin protection.

All NSWCPSSC events should implement the following strategies:

- Provide sun protection guidelines in your letters to competitors/team members.

- Be a role model:
  - Slip on a shirt with collar and sleeves.
  - Slop on broad spectrum 30+ sunscreen.
  - Slap on a broad brim hat.
  - Wrap on a pair of close fitting EPF 10 sunglasses.

- Ensure there is shade provision for competitors and spectators.
  - Select venues with adequate shade.
  - Provide portable shade structures/marquee.

- Provide a “Slop Stop Station”. Place a sunscreen pump pack along with your drinks supply in a shaded area for players easy access.

- When possible, try to schedule sports events earlier in the morning or later in the afternoon away from solar noon (1.00pm daylight saving time).

- Be SunSmart even on a cloudy day or cool day. Ultra violet rays cannot be seen or felt. It is possible to be sunburnt even on cool or cloudy days – even during winter.

- Ensure that sports uniforms are sunsmart – made of a close weave fabric; have a high collar and longer sleeves. Include a hat as part of the uniform. Even when a hat cannot be worn in a competition game, it should be used during warm-ups, training and other times.