



# SUN SAFE POLICY

June 2023 | Version 1.0



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## DOCUMENT CONTROL

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DOCUMENT CONTROL	
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## INTRODUCTION

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**The health and safety of participants and officials is of primary concern for Queensland Touch Football.**

Queensland Touch Football, and our regions, affiliates and clubs have a duty of care to provide a safe environment for everyone involved in our activities. This includes providing a safe environment protecting participants from the harmful effects of UV radiation.

The Sun Smart Policy aims to ensure all participants, officials and spectators in all Queensland Touch Football events 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 practice.

It is strongly recommended that all Queensland Touch Football regions, affiliates and clubs adopt this policy.

Queensland has one of the highest rates of skin cancer in the world. However, by staying SunSmart every day you can reduce your exposure to UV radiation and reduce your risk of developing skin cancer.

## 1. PROTECT YOUR SKIN – STAY SUNSMART EVERY DAY

You can reduce your risk of skin damage and skin cancers by applying the 5 S's of Sun Safety.

1. Slip on protective clothing
2. Slop on sunscreen (and reapply!)
3. Slap on a broad-brimmed hat
4. Seek shade
5. Slide on wraparound sunglasses



Participants, officials and spectators will be encouraged to access the SunSmart Global UV app to view daily local UV levels and sun protection times.

In Queensland, UV levels are 3 and above year-round, even in Winter. This is the UV level that can damage skin and eyes. Wherever possible, we will use a combination of sun protection measures for all outdoor competitions and events including the following:

### 1.1 SCHEDULING OUTDOOR ACTIVITIES

- ✓ Schedule outdoor competitions, events and/or training times (where practical) outside peak UV times of 10am-2pm.
- ✓ Consider all sun protection measures when planning outdoor competitions, events and/or training.
- ✓ Investigate the feasibility of having evening competitions, events and training sessions

### 1.2 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 shade alternatives, including umbrellas and shade tents.

### 1.3 HATS

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- ✓ Ensure that officials and participants are provided with or encouraged to wear sun-safe hats that protect the face, neck and ears. Recommend sun-safe hats including legionnaire, broad-brimmed and bucket hats. Baseball caps or sports visors do not provide adequate sun protection and are not recommended, however they are a suitable alternative to 'no hat' whilst on the field.
- ✓ Encourage members who do not bring hats, to stand in an area protected from the sun whilst not competing and recommend participants use sunscreen, sun protective clothing and sunglasses.

### 1.4 CLOTHING

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- ✓ Ensure that participants and officials 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 uniform. Any fabric with an ultraviolet protection factor (UPF) rating above 15 provides minimum protection against UV radiation, UPF 30 provides good protection, and UPF 50 or 50+ provides excellent protection ([AS/NZS 4399:2020](#)).

### 1.5 SUNSCREEN

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- ✓ SPF 30+ (or higher), broad-spectrum and water-resistant sunscreen is available, and participants, coaches, officials and spectators are encouraged to use it appropriately.
- ✓ Different sunscreen types and textures may meet individual's preferences. Participants, officials and spectators are encouraged to try varieties in accordance with directions.
- ✓ Ensure that sunscreen is applied at least 20 minutes before going outdoors, and is reapplied every 2 hours when outdoors, or after perspiring.
- ✓ Participants, officials, and spectators should reference the [Cancer Council Queensland Correct Sunscreen Application](#) information brochure – [available here](#).

## 1.6 SUNGLASSES

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- ✓ 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 AS/NZS 1067 (Sunglasses: Category 2,3 or 4).

## 1.7 INCREASE AWARENESS OF SUN SAFETY

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- ✓ Regularly promote sun safety protection information to officials, participants and spectators through briefings or training sessions, newsletters, notice boards, online communications, enrolment and announcements at sporting events.
- ✓ Inform individuals about the Queensland Touch Football's Sun Smart Policy.

## 1.8 ROLE MODELLING

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- ✓ Encourage all officials, coaches, trainers, and adult members of Queensland Touch Football, regions, affiliates and clubs to act as positive role models for younger members in all aspects of sun safe behaviour, including using a combination of sun protection measures.

## 1.9 REVIEW

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- ✓ Regularly monitor and review the effectiveness of the sun protection policy to ensure it remains relevant and current.

For further information visit [www.cancercouncil.com.au/cancer-prevention/sun-protection/](http://www.cancercouncil.com.au/cancer-prevention/sun-protection/).



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