



# Sun Protection Policy.

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| TYPE OF POLICY | Participation  |
| EFFECTIVE DATE | 5 <sup>th</sup> February 2019                        |
| POLICY OWNER   | Australian Rugby League Commission                   |
| POLICY CONTACT | NRL General Manager – Game Development and Education |

## A. REASON FOR POLICY

Australia has the highest rate of skin cancer in the world. Exposure to ultra violet (UV) rays **during a person’s youth can greatly increase the prospect of developing skin cancer later in life.**

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

This policy provides practical steps to minimise the impact of the sun when participating in the game of Rugby League as a player, match official or volunteer.

## B. POLICY STATEMENT

This policy provides practical approaches for limiting UV exposure while participating in Rugby League training and games.

## C. SCOPE

This policy is devised to cover participants, match officials, club volunteers, administrators, Clubs, Divisions, Districts, Leagues and State Leagues that are affiliated to the ARLC.

## D. DEFINITIONS

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|----------|--|
| UV INDEX | The World Health Organisation’s “Global Solar UV Index” measures UV levels from 0 (Low) to 11+ (Extreme) |
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## E. FORMS/REFERENCES

| FORM TITLE      | LINK  |
|-----------------|---|
| SunSmart widget | Cancer Council > Sun Smart > UV Index > UV Index Widget         |
| SunSmart App    | Cancer Council > Sun Smart > UV Index > SunSmart App            |
| MyUV            | <a href="https://www.myuv.com.au/">https://www.myuv.com.au/</a> |

## F. POLICY HISTORY

| PARTICIPATION POLICY IDENTIFICATION NUMBER | VERSION | RELEASE DATE                  | AUTHOR                                  |
|--|---------|-------------------------------|---|
| P007                                       | 2.0     | 5 <sup>th</sup> February 2019 | National Participation Policy Committee |

## SUN PROTECTION POLICY

### 1.0. RATIONALE

Skin cancer occurs when skin cells are damaged, the major cause being due to exposure to UV radiation from the sun. Australia has the highest rate of skin cancer in the world, with two out of three Australians developing some form of skin cancer by the time that they are 70 years of age. Sunburn and other UV related damage is common while playing or watching sport, when people **are exposed to the sun's UV radiation for extended periods of time.**

Sunburn causes 95% of melanomas, which is the deadliest form of skin cancer. Exposure to the **sun during the first 15 years of a person's life can greatly increase the risk of developing skin cancer** later in life. This policy outlines a series of preventative strategies to minimise the risk to the exposure of UV radiation from the sun.

### 2.0. SCHEDULING OF ACTIVITIES

Consideration to UV exposure will be given to the scheduling of Rugby League games and **training. The World Health Organisations "Global Solar UV Index" measures UV levels from 0 (Low) to 11+ (Extreme) and recommends sun protection when the UV Index levels are 3 (Moderate) or higher.**

Most of the competition season for Rugby League is during the winter months, however, where climatic conditions dictate and where practical, outdoor events and training times will be scheduled outside the hours of 11.00 a.m. and 3.00p.m.

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## 3.0. SUNSCREEN

The use of SPF30+ (or higher) broad-spectrum, water resistant sunscreens will be promoted by Rugby League clubs, Leagues, Divisions, Districts and State Leagues.

When training or playing when UV Index levels are higher than 3 (Moderate), participants and officials will be encouraged to apply sunscreen 20 minutes prior to sun exposure and reapply every two hours thereafter.

It is recommended that Rugby League clubs, Leagues, Districts and State Leagues take appropriate steps to ensure sunscreens are made available for sale to participants and spectators at training activities and competition games.

## 4.0. PHYSICAL ENVIRONMENT

The venues where Rugby League is played are generally council owned facilities which Rugby League clubs hire for their training activities and competition games.

Rugby League clubs will maximise the use of natural shade provided from buildings, trees and other structures. Where natural shade does not exist, clubs will (where practical) provide portable shade structures for use by players, officials and spectators. Rugby League clubs will also encourage their members and supporters to bring their own shade structures to events (where practical).

## 5.0. PROMOTION

The promotion of protection from the sun and skin cancer awareness will be implemented by Clubs, Leagues, Divisions, Districts, States and National Leagues as a preventative strategy to the risk associated with exposure to the sun.

Rugby League volunteers and officials will be encouraged to act as suitable SunSmart role models. Peak sun protection times will be promoted by adding the SunSmart widget, a link to the MyUV site and SunSmart app capabilities to State League and NRL websites. Clubs will be encouraged to promote these applications as part of game day and training communications to members.

The adoption of SunSmart strategies will be highly recommended by the State and National Leagues and support will be available to clubs, Leagues, Divisions and Districts to prompt sun protective behaviour and implement awareness campaigns.