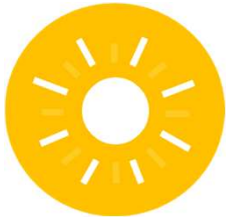


HEALTHY SPORTS CLUBS



SUN PROTECTION HEALTH AREA



BACKGROUND

Sun exposure poses significant health risks for sporting club members, especially during the summer months of the year. Too much exposure to the sun's ultraviolet (UV) radiation can lead to sun damage, sunburn and skin cancer.

Sports clubs have a duty of care and legal responsibility to ensure a safe environment for all involved. Providing a safe environment includes protecting club members from the sun's UV radiation and ensuring they are aware of the need to protect their skin wherever possible. It is important that all members are aware of the risks of sun exposure and have access to appropriate knowledge and resources to identify and reduce harm from the sun.

ACHIEVING THIS HEALTH AREA

The **Sun Protection** health area aims to limit sun exposure at sporting clubs through practical strategies and resources from SunSmart Victoria.

Clubs will be supported to complete targets using the *Healthy Sports Clubs* framework, including:

- Creating a physical club environment that supports and promotes sun protective facilities
- Providing opportunities to connect members with relevant information and skills
- Creating a supportive culture that role models sun protection

CONTACT MONASH HEALTH TO REGISTER YOUR CLUB:

healthpromotion@monashhealth.org