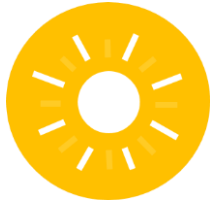
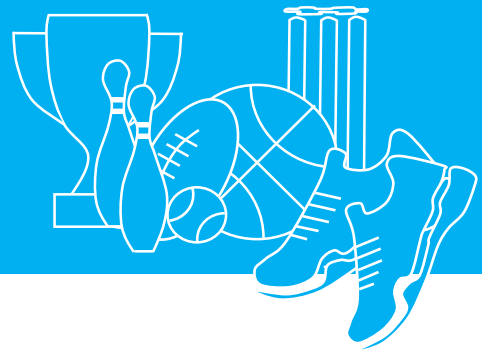


# HEALTHY SPORTS CLUBS



## SUN PROTECTION HEALTH AREA



### BACKGROUND

Sports clubs offer a sense of community and fun, while also providing opportunities to stay active and healthy. One of the joys of participating in or watching sports at a club is being able to do so outdoors, soaking up the sunshine and enjoying the fresh air. Sun safety practices encourage everyone to enjoy sport in a safe and healthy way.

Sunburns, heat exhaustion, and long-term skin damage can occur when we're not properly protected from harmful UV rays. Unfortunately, the lack of government resources and awareness about UV radiation and the risks associated with sun exposure leaves clubs without the tools or knowledge they need to ensure proper sun safety measures are in place. This can result in some clubs unintentionally neglecting sun protection, leaving their members vulnerable to heat-related illnesses and sunburn.

The good news is change is happening. More clubs are recognising the need to ensure sun protection measures are in place at their club—and they don't have to navigate this shift alone. Free, tailored 1-on-1 support is now available for sports clubs in the City of Casey, City of Greater Dandenong, and Cardinia Shire. The Sun Protection health area of Healthy Sports Clubs offers practical tools and strategies to help clubs implement sun safety practices, creating a club where everyone can continue to have fun under the sun safely.

### ACHIEVING THIS HEALTH AREA

The **Sun Protection** health area aims to limit sun exposure and heat illness at your club through practical strategies and resources from SunSmart Victoria.

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

- Ensure First Aid Officers at all club events
- Provide SPF50+ sunscreen and sun protective apparel
- Provide natural and built shade at all events
- Provide sun smart education to members
- Create a sun protection policy
- Monitor UV levels and temperature
- Support leaders to be healthy role models.

COMPLETE THE EXPRESSION OF INTEREST FORM TO REGISTER YOUR CLUB  
[EOI FORM](#)