

# Athletics Northern Territory

## Sun Smart Policy

The NT has the one of the highest rate of skin cancer in the world. Of all new cancers diagnosed in Australia each year, 80% are skin cancers. Given our events often take place during peak ultraviolet radiation (UVR) times throughout the day, we can play a major role in both minimising UVR exposure and providing an environment where policies and procedures can positively influence long-term Sun-Smart behaviour.

Thousands of Territorians are involved in outdoor sports as participants, organisers, officials, coaches or spectators. This involvement has many health benefits, but it also carries the risk of increased exposure to UVR therefore the risk of skin cancer.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Research shows that severe sunburn is a contributor to skin cancer and other forms of skin damage such as sunspots, blemishes and premature ageing. Most skin damage and skin cancer is therefore preventable.

With this in mind, Athletics NT realises the need to encourage the sporting organisations that use its facilities to protect participants, organisers, officials, coaches or spectators from the sun and educate them about Sun-Smart behaviour, thus reducing the risk of skin damage from exposure to the sun.

### **Where possible Athletics Northern Territory will:**

- Schedule outdoor activities outside the hours of 10.30am to 2.30pm.
- Make SPF 30+ (or at least SPF 15+) broad spectrum water resistant sunscreen available for members and supporters wherever possible.
- Follow Cancer Council NT's guidelines for Sun-Smart clothing when choosing, designing or redesigning uniforms.
- Encourage members and supporters to wear a hat that complies with the Cancer Council NT's recommendations while participating in our activities.
- Encourage members to make maximum use of existing shade at facilities. When shade is not adequate we will endeavour to provide temporary shade.
- Review the Sun-Smart policy regularly.