

SunSmart tips for Outdoor Events

Australia has the highest rate of melanoma in the world, mainly due to overexposure to the sun. For this reason it is important to consider sun protection when planning an outdoor event. This checklist will ensure your event is as SunSmart and enjoyable as possible.

Consider UV levels when scheduling events

When the ultraviolet (UV) radiation index reaches 3 and above, sun protection should be used. In NSW, UV levels are high enough to damage unprotected skin at least 10 months of the year. UV levels are particularly high during the summer months and peak during the middle of the day, so try to schedule events/activities to avoid this time or offer shaded/indoor alternatives.

You can check the average UV levels for the time of year you plan to hold your event via the **Bureau of Meteorology website**, or download the **free SunSmart app** for daily sun protection times in your area.

Provide shade

When selecting your outdoor venue, visit the site in advance at the same time of the day when your event is planned to ensure shade is adequate.

Consider providing temporary shade such as marquees, portable gazebos and shade sails if the existing shade is inadequate. When selecting shade, ensure shade fabrics have a UPF (ultraviolet protection factor) of at least 40 and try to position shade away from reflective surfaces.



Ensure staff and volunteers act as role models

Encourage your event officials and marshals to:

- Use shaded areas as much as possible.
- Wear broad-brimmed hats, sun protective clothing, sunglasses and sunscreen. Caps and visors are not suitable as they don't provide protection for the face, ears and neck.

Remind patrons to use sun protection

Promote the importance of sun protection in pre-event publicity materials including event flyers, tickets and programs. Examples of messages you may like to use include:

"Come prepared - slip, slop, slap and don't forget the sunglasses!"

"You can get burnt in as little as ten minutes in summer – so remember to wear a broad-brimmed hat, long-sleeved shirt, sunglasses and sunscreen to this event."

Security staff should be instructed NOT to confiscate sunscreen during bag checks at the entrance gates. If there is any doubt regarding the contents of the container, simply request that a small amount of the contents be made available for inspection.

If merchandise is offered for sale or as prizes, consider including broad-brimmed hats, long-sleeved shirts and/or SPF 30 or higher broad-spectrum, water-resistant sunscreen. If possible make sunscreen freely available at a central location.

Announce sun protection tips over the public address system. You may like to use some of the sample announcements below:

"Remember you can still get sunburnt on a cool or cloudy day – so cover up with a hat, shirt, sunglasses and sunscreen."

"If you want to leave here today with good memories but without sunburn – cover up, be SunSmart."

For more information contact the SunSmart team on 02 9334 1761.
cancercouncil.com.au/cancer-prevention/sun-protection