

## SunSmart tips for outdoor events

Australia has the highest rate of skin cancer in the world, and UV (ultraviolet) radiation overexposure is the main cause. For this reason it is important to consider UV protection when planning an outdoor event. This checklist will ensure your event is as SunSmart and enjoyable as possible for staff, volunteers and attendees.

### Consider UV levels when scheduling events

It is UV radiation that causes sunburn and most skin cancers. UV radiation is different to temperature, and you can't see or feel UV. When the UV Index reaches 3 it is high enough to cause skin damage and therefore sun protection should be used. UV levels peak during the middle of the day and are higher in the summer months. UV is at damaging levels throughout WA for much of the year. 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. See the **Bureau of Meteorology's website**. The daily UV forecast for your location is also available at [myUV.com.au](http://myUV.com.au).

### 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. Shade is recommended in areas where people will congregate for long periods, such as eating or watching or participating in activities.

Consider providing temporary shade such as marquees, portable gazebos and shade sails if the existing shade is inadequate. When selecting shade, ensure shade fabrics filter as much UV as possible and try to position shade away from reflective surfaces.

### Ensure staff and volunteers are protected and act as role models

Encourage your event officials and marshals to:

- Use shaded areas as much as possible.
- Wear wide-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, social media posts 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 wide-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 wide-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."*

Cancer Council WA also has audio files of pre-recorded announcements available on request.

[cancerwa.asn.au](http://cancerwa.asn.au)

**For more information call us on 13 11 20**