

SUN SAFETY AND SPORTS

It Just Makes Sense!



What is the connection between safety and the sun?

- Research shows that over 50% of Canadian children get their worst sunburn while watching or participating in outdoor recreational activities.
Source: National Sun Survey Highlights Report (July 2008)
- People who experience several blistering sunburns during childhood have an increased risk of developing skin cancer.
Source: Canadian Cancer Society

The good news is that coaches have the opportunity to **influence positive and lasting sun safe behaviours** amongst youth participating in sport.

How do coaches create sun safe sporting environments?

Lead by Example– Slip on sun safe clothing and sunglasses, slop on sunscreen (SPF 30+) and slap on a wide-brimmed hat AND encourage participants to do the same. Youth respect their coaches and will follow their example.**

Plan Ahead – Provide an extra supply of sunscreen, sunglasses, shade umbrellas, etc. for participants who forget. Know the UV index and the appropriate actions.

Seek Shade – Take and encourage breaks in the shade. No natural shade? Consider other options for shade such as umbrellas or pop-up shade tents over the bench area.

Policy and Procedures – Implement a sun safety policy and procedures for your club or organization.

Partner with Caregivers – Communicate the importance of sun safety in registration packages or electronic newsletters. Include sun safety items in your “*What to Bring*” list. Encourage spectators to also think about sun safety by wearing hats or bringing a shade umbrella.

*** Safety equipment and requirements must come first. For example: a wide-brimmed sun hat cannot replace a helmet needed to protect against head injury. Sun safety practices can be integrated effectively with other aspects of sport safety, however. When a helmet is required, additional attention to use of sunscreen on the face and back of the neck can serve to reduce the risk of sunburn in these areas.*