



**CANBERRA REGION
RUGBY LEAGUE**

Sun Protection Policy

May 2026

Preamble

This policy provides a clear and practical approach for limiting exposure to UV while participating in Rugby League across the Canberra Region.

This policy is designed to provide Sun Protection best practice advice to clubs, participants, team staff, match officials, volunteers and spectators within the Canberra Region Rugby League construct.

1. Scheduling of Events/Matches

- 1.1. Consideration to UV exposure will be given to the scheduling of Canberra Region Rugby League matches and events against the WHO Global Solar Index.
 - 1.1.1. The index measures UV levels from 0 (low) to 11> (Extreme), recommending sun protection from 3 and above.
- 1.2. Where climate conditions dictate and practically allowable, outdoor events, training and matchplay will be scheduled outside of the hours of 11:00 am and 3:00 pm.

2. Physical Environment

- 2.1. Where venues and facilities are hired, clubs and participants will maximise the use of natural shade wherever possible.
- 2.2. Where there is a lack of natural shade, clubs will provide, where practical, portable shade structures for use by players, team staff, officials and spectators.

3. Promotion

- 3.1. Promotion of skin cancer awareness and protection from the sun will be championed by Canberra Region Rugby League and its member clubs.
- 3.2. Relevant persons are encouraged to act in a SunSmart manner, promoting sun protection awareness and practices at all times.
- 3.3. For further information on SunSmart strategies, please visit:
<https://www.sunsmart.com.au/protect-your-skin>