



TIPS FOR USING THE UV EXPOSURE AND HEAT ILLNESS MODIFIABLE GUIDELINE TEMPLATE

The **UV Exposure and Heat Illness Guidelines Template** should be modified to meet the needs of your club or organisation.

The template is based on the checklist of prevention strategies from the **UV Exposure and Heat Illness Guide**. The guide also includes facts from SunSmart and Smartplay about UV and Heat and tips from various sports representatives on implementing UV and heat illness guidelines.

If you are a peak or state sporting body, the guidelines template may provide the basis for creating or updating policy and assist stakeholders to comply with these policies.

WHY DEVELOP UV EXPOSURE AND HEAT ILLNESS GUIDELINES?

Although UV and heat are not directly related (e.g. UV can be high even on a cool day) they both pose a health risk to participants of sport and physical activity – their risks are greatest during summer months and they have many overlapping prevention strategies. These strategies are outlined in the guidelines template.

Guidelines will help you to provide a safe environment for all participants, which in turn can help improve short and long term health outcomes, grow your participant base, improve performance and keep participants involved and active longer.

USING THE MODIFIABLE TEMPLATE

- Take ownership of the guidelines – insert your club or organisation name and logo.
- If your sport or activity has a governing body, check their website or contact them to find out if they already have guidelines or policy in place and factor these into your own guidelines.
- Remove strategies that are not relevant, and rework existing strategies to make them specific to your sport or activity. Add any additional strategies that you can think of. Try to keep at least three prevention strategies under each of the key headings.
- Circulate the guidelines to a variety of stakeholders for comment and input.
- Ensure everyone is aware of their roles and responsibilities outlined in the guidelines.
- Promote the guidelines on your website, notice board or other forum.
- Add safety (including UV exposure and heat) to your committee or staff agenda, budget for safety, review guidelines regularly and action strategies to make sure that the guidelines are achieved.

Refer to the UV Exposure and Heat Illness Guide for more detailed information or contact SunSmart, sunsmart.com.au, or Smartplay, smartplay.com.au, for support.