



Sun Protection Policy

The health of those participating in rugby league is of primary concern for the National Rugby League and its affiliated organisations. Australia has the highest rate of skin cancer in the world, with two out of three people experiencing some form of skin cancer during their lifetime. Each year more than 1,000 Australians will die from skin cancer. Being sunburnt as few as six times can more than double the risk of developing melanoma. It is acknowledged that skin cancer is a preventable disease and that a preventative strategy, including the following actions, will be implemented by the National Rugby League and its affiliates.

Consideration to skin cancer exposure will be given to the scheduling of games and training. The main playing season for rugby league is generally during the winter months, however where climatic conditions dictate and where practical, outdoor events and training times will be scheduled outside the hours of 11.00 a.m. and 3.00p.m.

Rugby league organisations will maximise the use of natural shade provided from buildings, trees and other structures. Where natural shade does not exist, where practical, organisations will provide portable shade structures for use by players, officials and spectators. Individuals will also be encouraged to bring their own shade structures to events where practical.

The NRL and its affiliates will give consideration to sun protection in regard to the promotion or supply of clothing as part of the playing / officiating uniform. The use of 30+ sunscreens will be promoted by rugby league organisations. When playing or training in peak UV periods, and officials will be encouraged to apply sunscreens to exposed body parts. It is recommended that club kiosks make sunscreens available for sale to participants and spectators.

Rugby league organisations will promote skin cancer education to increase the awareness of this health issue amongst participants. Event programs, newsletters and public announcements during events held in high risk situations will be used to maintain awareness of the issue and to prompt sun protective behaviour. Rugby league officials will act as suitable SunSmart role models. The sun protective policy will be reviewed annually to ensure that the document remains current and practical to the organisation's requirements.