

Planning outdoor events

When holding an outdoor event you may find the following information useful in helping you turn your event into something really SunSmart. As you proceed with your planning check off the things you have done.

The most important part of organising a SunSmart outdoor event is planning. A SunSmart event should encourage participants and organisers to arrive prepared with their skin protection.

The Cancer Council has a range of resources which can be made available to you. These include:

- posters, pamphlets and information sheets;
- videos.

Contact **The Cancer Council Helpline 13 11 20** for more information.

When the UV index is 3 and above be SunSmart by



using shade when outdoors



slipping on a long sleeved shirt, with a high collar and long pants/skirt



wearing a shady hat – broad brimmed or bucket style are best – and wearing close fitting, wrap around sunglasses



liberally applying a broad spectrum SPF 30+ sunscreen and regularly reapplying it.

The Cancer Council South Australia recommends skin is protected when the UV radiation levels reach 3 and above. At this time it is recommended you use shade, clothing, hats, sunscreen and sunglasses to protect skin and to use particular care between 10 am and 3 pm when UV radiation is at its peak.

Planning checklist

- When planning outdoor activities, schedule them to minimise exposure to UV radiation when it is 3 and above.
- Encourage all staff, participants and spectators to come to your event SunSmart with clothing, hats, sunglasses and sunscreen.

- Ensure there is effective shade available for staff participants and spectators. For example:
 - use marquees, tents and umbrellas
 - allocate shaded areas
 - encourage people to bring portable shade structures, like beach umbrellas.
- Provide or sell sunscreen to staff, participants and spectators. Contact the Merchandise Dept on 08 8291 4127 for more information.
- Promote the SunSmart message via tickets and publicity for your events.
- Use the public address system to remind people to be SunSmart.

Promoting the message

- Put a SunSmart message on your programs, invitations, flyers, tickets, posters and signage. The following can be photocopied and incorporated in your publications. This will serve to remind people to be SunSmart when planning to attend your event.
- Distribute the SunSmart checklist when issuing tickets and/or registration forms for your event.

SunSmart reminders

At your outdoor event you can give SunSmart reminders over the public address system. You can use some of the following:

- Don't spoil your day by getting sunburnt - remember to Slip! Slop! Slap!
- Save Your Skin. Use your head and keep your hat on!
- It may be cool and overcast but you can still get burnt. So Slip! Slop! Slap!
- Take some time out of the sun and grab some shade.
- Have you got your sunscreen on today? Remember to re-apply it every couple of hours.

For the future

- Develop a SunSmart policy for your organisation or update rules to incorporate SunSmart actions. The Cancer Council can assist you.

April 2007 next review due April 2009