



10.11 Sun Protection

Policy Title: Sun Protection

Policy Number: 10.11

Policy Owner: Chief Commissioner

Effective Date: 26 February 2026

Review Date: February 2029

1. Purpose

1.1 The purpose of this policy is to outline sun protection measures required to minimise the risk of skin and eye damage caused by ultraviolet (UV) radiation during Scouting activities through a balanced approach to UV exposure that supports both sun protection and healthy vitamin D levels.

2. Scope

2.1 This policy applies to all members of Scouts ACT, including youth members, adult members, volunteers, families, and visitors participating in or supervising outdoor Scouting activities or using Scout premises.

3. Policy Statement

3.1 Scouts ACT is committed to providing a safe outdoor environment by promoting effective sun protection practices whenever UV levels reach 3 and above. In Canberra, UV levels reach 3 or above for most or part of each day between August and May. *Cancer Council advises just 15 minutes of unprotected exposure (when the UV levels are 3 or above) is enough to start to cause damage to your skin.*

3.2 A combination of sun protection measures must be used during outdoor activities to reduce the risk of sunburn, skin cancer, and eye damage.

3.3 Scouts ACT supports a balanced approach to UV exposure to maintain healthy vitamin D levels.

4. Responsibilities

Leaders and Adult Members

4.1 Leaders and adult members should model appropriate sun protection behaviour, including wearing protective clothing, hats, sunglasses (where appropriate), and applying sunscreen. This would include encouraging youth members to take responsibility for their own sun protection.

4.2. When planning outdoor activities and events, leaders and adult members should consider shade availability. Sun protection measures must be implemented during all outdoor activities when UV levels reach 3 and above.

Youth Members

4.5 Youth members are expected to follow sun protection instructions provided by leaders, and wear appropriate clothing, hats, and sunscreen during outdoor activities.

Families and Visitors

4.6 Families and visitors are strongly encouraged to support Scouts ACT's sun protection practices by modelling appropriate sun-safe behaviour when attending outdoor activities and events.

5. Procedures

UV Information

5.1 Members are encouraged to access the Bureau of Meteorology UV Forecast to determine local sun protection times. www.bom.gov.au/resources/learn-and-explore/uv-knowledge-centre

Sun Protection Measures

5.2 Whenever UV levels reach 3 and above, a combination of measures must be used to maximise sun safety. Leaders should educate youth members about when and why sun protection is needed.

Shade

5.3 Consider shade availability when planning outdoor activities and use shade from trees, buildings, shelters, or portable structures where practicable. Youth members without appropriate hats or clothing must remain in shade or a protected area when UV level reaches 3 or above.

Clothing

5.4 Sun protection is assisted by loose-fitting clothing made from cool, densely woven fabrics with collars that covers as much skin as possible. Long-sleeve shirts/rashies and hats are required for water activities with T-shirt or rashie-style tops required for swimming.

Hats

5.5 All members must wear sun-protective hats (legionnaire, broad-brimmed, or bucket). Baseball caps or peak caps are not suitable and are not recommended. However, religious requirements will be respected.

Sunglasses

5.6 Sunglasses are especially recommended when UV levels are 3 or above. Members are encouraged to wear close-fitting, wrap-around sunglasses that meet Australian Standard AS/NZS 1067.1:2016 (Filter Categories 2, 3, or 4).

Sunscreen

5.7 Organisers and leaders of activities must ensure sunscreen of a minimum SPF 30+ is available when running outdoor activities from August to May. Youth members must be encouraged to apply sunscreen 15-20mins before going outdoors and reapply every 2 hours or more often if undertaking water activities.

Outdoor Activities

5.8 It is advisable to minimise outdoor time between 11am and 3pm during daylight saving/summer when UV levels peak.

Winter Sun Protection

5.9 During June and July, UV levels in Canberra are typically below 3 and sun protection is generally not required. Hats are not required during this period unless participating in alpine activities.

5.10 Sunscreen is essential for skiing and mountain activities year-round.

6. Work Health and Safety & Modelling

6.1 All members, families and visitors are encouraged to model appropriate sun protection behaviour. All should protect their skin and eyes when working outdoors when UV levels are 3 and above or when spending extended time in the sun.

6.2 Adult members should wear sun-protective hats, clothing and sunglasses where appropriate. SPF 30+ sunscreen should be applied and reapplied every two hours and members should seek shade whenever possible.

6.3 All members should be aware of early signs of skin cancer and seek medical advice if concerned.

7. Communications and Learning Activities

7.1 Scouts ACT will display this Sun Protection Policy on the website for parents and guardians and Leaders are encouraged to incorporate sun protection education into Scouting programs.

8. Review and Amendments

8.1 This policy will be reviewed at least once every three years or earlier if legislation or best practice changes.

9. References

- Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation (2006), ARPANSA Radiation Protection Series No. 12
- Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight November 2008
- Work Health and Safety Act 2011, as amended.
- ACT Government Education Sun UV Protection Policy 2025
- Cancer Council ACT National SunSmart Schools Program (www.actcancer.org)

Document Control

Version	Date	Description	Approved By
1	16 Jun 1997	New Policy	BEC
1.1	24 Aug 2017	Minor amendment	BEC
1.2	24 Feb 2026	References updated, minor changes, new template	BEC