SUN PROTECT™
OCCUPATIONAL & CLINICAL SUN SAFETY

CLUB STARTER KIT

Sun-smart clubs play longer seasons.

Training sessions, match days and tournaments keep players, coaches, referees, volunteers and spectators in strong South African sun for hours. This kit gives your club a simple routine that fits on one page and takes two minutes to brief.

1. Why it matters
2. Five steps for clubs
3. Match-day checklist
4. Sun Station set-up
5. Coach briefing

Cycling · Running · Soccer · Coaches and referees · Spectators

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Club pricing and orders
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Strong sun, long sessions

South Africa sits under some of the strongest UV in the world, and on clear summer days midday UV across the country regularly reaches the extreme band (11+). Sport puts people outdoors at exactly those times: weekend fixtures, tournaments and long rides and runs.

UV, not heat

UV is invisible and does not feel hot. Cloud and wind do not stop it, and concrete, water and sand reflect it.

Every skin tone

All skin types need protection from UV, eye damage and heat. Darker skin burns less easily but is not immune.

Dose adds up

Every session counts. A routine at every training and match is what protects players over a season.

What a sun-smart club does

- [ ] Schedules junior and long sessions outside 10:00 to 15:00 where it can
- [ ] Has shade at the bench, the scorer's table and the first-aid point
- [ ] Has a Sun Station with SPF 50 at every home fixture
- [ ] Makes reapplying part of the half-time and drinks-break routine
- [ ] Briefs coaches once a season with the two-minute talk on page 5

General information for clubs, not medical advice. Anyone with a new or changing spot on the skin should see a health professional.

The five steps, at the club

The same five steps workers use on site, adapted for training, match day and the stands.



STEP 1

Seek shade

Gazebos for the bench, the scorer's table and spectators; shaded water breaks; juniors train early or late in summer.



STEP 2

Slip on a shirt

Long-sleeve training tops or arm sleeves for long sessions; collars help protect the neck.



STEP 3

Slap on a hat

Broad-brim hats for coaches, subs, referees' assistants and spectators; caps for running and cycling.



STEP 4

Slop on SPF 50

Apply 15 minutes before the warm-up. Reapply every 2 hours, at half time and after heavy sweating or towel-drying.



STEP 5

Slide on sunglasses

Wrap-around sport sunglasses for riders and runners; sunglasses for officials and spectators.

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Match-day checklist

Print one per fixture. The team manager or a volunteer ticks it off.

Fixture: _____

Date: _____

Forecast max UV Index: _____

Checked by: _____

Before kick-off

- [ ] UV Index checked and announced to the team
- [ ] Sun Station set up and stocked (SPF 50)
- [ ] Shade up for the bench and first-aid point
- [ ] Water ready for players and officials
- [ ] Players applied SPF 50 15 minutes before the warm-up
- [ ] Hats for coaches, subs and officials

During and after

- [ ] Reapply at half time or the drinks break
- [ ] Reapply after heavy sweating or towel-drying
- [ ] Subs wait in the shade
- [ ] Spectator reminder made (PA or WhatsApp)
- [ ] Sunburn or heat illness recorded and followed up
- [ ] Sun Station packed away out of direct sun

Notes:

_____

_____

Set up a Sun Station

A Sun Station is a visible, stocked place to apply SPF 50. People use sunscreen when it is in front of them.

Where

At the entrance, the bench, the change rooms and the finish line. In the shade, at a table, at arm height.

What

A 1 L pump dispenser or 150 ml tubes, the Sun Station sign, paper towel and a bin.

When

Out before the first warm-up; reapply reminders at half time and every 2 hours.

Who

One named volunteer per fixture stocks it, wipes the nozzle and packs it away out of the sun.

How much to stock

Plan about a teaspoon (5 ml) per area: face, ears and neck; each arm; each leg. A player in shorts and a short-sleeve shirt uses roughly 25 to 35 ml per application. For a squad of 20 that is about 0.5 to 0.7 L per round of applications.

Club and event pricing

Club packs, team kits and attended Sun Station days for tournaments. Phone 082 868 7762 or scan for a quote.

Two-minute coach briefing

Read it to coaches and team managers at the start of the season. Then do it every session.

1. **Check the UV Index** on the weather app before every session. At 3 or more, sun protection is on.
2. **Plan the session:** long or hard sessions early or late in summer; water breaks in the shade.
3. **Apply before the warm-up:** SPF 50, 15 minutes before going out. Ears, neck, arms and legs.
4. **Reapply** every 2 hours, at half time and after heavy sweating or towel-drying.
5. **Lead by example:** hat, sunglasses and a long-sleeve top for the coach on the sideline.
6. **Watch for heat illness:** headache, dizziness, nausea or confusion means stop, shade, water and first aid.
7. **Record it:** note any sunburn or heat illness on the match-day checklist.



STEP 1

Seek shade

Use shade for breaks and, where you can, for tasks between 10:00 and 15:00.



STEP 2

Slip on a shirt

Long sleeves and a collar in a light, closely woven fabric.



STEP 3

Slap on a hat

A broad brim, or a hard-hat brim with a neck flap. Shade face, ears and neck.



STEP 4

Slop on SPF 50

Apply 15 minutes before going out. Reapply every 2 hours and after sweating or towel-drying.



STEP 5

Slide on sunglasses

Wrap-around eyewear with UV protection. UV harms eyes in every skin tone.

Coach: _____ Briefed on: _____

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