



Title	Sun Protection Guidelines	Policy No	PN-0032
Version	V1	Date of Approval	20/04/2021
Pillar	Governance	Schedule review date	2023

Introduction

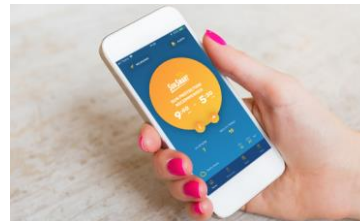
The sun's ultraviolet (UV) radiation is the main cause of skin cancer. UV damage also causes sunburn, tanning, premature ageing and eye damage. Australia has one of the highest rates of skin cancer in the world. Two in three Australians will develop some form of skin cancer before the age of 70.

Sunburn and other UV damage is common while playing or watching sport when people are exposed to the sun's UV radiation for long periods of time.

Sporting clubs and organisations have a responsibility under health and safety legislation to provide and maintain a safe working environment for staff, volunteers, participants and spectators. By minimising UV harms, you will help to fulfil this obligation and duty of care.

1. SunSmart Protection

1. Slip on clothing
2. Slop on sunscreen
3. Slap on a hat
4. Seek shade
5. Slide on sunglasses



Sun protection times

- The sun protection times from the Bureau of Meteorology forecast the time of day UV levels are due to reach 3 or higher. At these levels (i.e. >3), sun protection is recommended for all skin types.
- A combination of sun protection measures is needed during the daily local sun protection times.
- To assist with the implementation of this policy, club committees, coaches and participants, volunteers and race officials are encouraged to access the daily local sun protection times via the free SunSmart app.
- Historically managing exposure to UV has been most important between 10am and 3pm from September to April in Australia, however, we are now seeing extreme levels (e.g. 10) well outside these times.

a. Training and Competition modifications

Where possible, training and competitions are scheduled to minimise exposure to UV and heat. Cancellation of training or competition occurs (according to the guidelines of AusDBF or AusDBF Members) when high risk conditions are forecast.

Where it is not possible to avoid peak UV and heat periods, the following interim steps are taken to minimise the risk of overexposure to UV and heat illness:

- Warm-up activities are limited in duration and intensity.
- The duration of the activity is reduced.
- Activities start earlier in the morning or later in the evening.
- Rest breaks and opportunities to seek shade and rehydrate are increased.
- Race officials rotate out of the sun more frequently than usual.
- Participants are rotated more frequently when competing.
- Race officials, coaches and club or State Directors act as role models by wearing sun-protective clothing and hats, applying sunscreen and seeking shade wherever possible.

b. Sun protection measures

i. Clothing

- Sun-protective clothing is included as part of on and off-water club uniform and uniform for race officials and volunteers.
- Training and racing club tops are made from UPF (UV protection factor) 50+ material and have long sleeves and a collar.
- Training and racing club tops are loose-fitting and lightweight.
- Where the competition uniform does not provide adequate sun protection, participants are reminded to apply SPF50 (or higher) broad-spectrum, water-resistant sunscreen to all exposed skin and wear covering clothing whilst not on the water.

ii. Sunscreen

- SPF50 (or higher) broad-spectrum, water-resistant sunscreen is promoted and/or provided to participants.
- Participants are encouraged to apply sunscreen 20 minutes before training or competition and to reapply every two hours or immediately after sweating or towelling dry.
- Sunscreen is stored below 30°C and replaced once it is past the use-by date.
- Participants are encouraged to apply a generous amount of sunscreen (the equivalent of one teaspoon per limb).
- The first aid kit includes a supply of SPF50 (or higher) broad-spectrum, water-resistant sunscreen.

iii. Hats

- Wide-brimmed or bucket hats are included as part of the uniform for race officials (even if they can't be worn in some situations).
- Caps and visors do not provide adequate sun protection to the face, ears and neck and are not recommended for extended sun protection but may be used, in combination with sunscreen on parts of skin not covered, as an interim measure for training and during competition.

iv. Shade

- An assessment of existing shade to be conducted at all venues used for competition.
- When not actively participating in races, participants should be able to rest in shaded areas.
- Where there is insufficient natural or built shade, temporary shade structures are provided, or participants are notified to bring their own temporary shade (e.g. tents or umbrellas).
- Shade from buildings, trees and other structures is used where possible (e.g. marshalling areas, spectator areas).
- Marshalling and presentation ceremony areas are protected by shade.
- Participants and race officials rotate to cooler, shaded areas.

v. Sunglasses

- Participants are advised to wear sunglasses that meet the Australian standard (AS/NZS 1067:2016).