

SUN SAFETY

Approved For Issue by



State President

Q15
POLICY

Policy Statement

This policy aims to ensure all participants, officials and spectators are protected from the harmful effects of the sun throughout the year, and that we provide a sporting environment (if outdoors) that supports sun safety awareness and practices.

Guiding principles

Our organisation/club has a duty of care to provide a safe environment for everyone involved in our Activities. Providing a safe environment includes protecting people from the harmful effects of UV radiation if training outdoors.

Participants, officials and spectators will be encouraged to access the SunSmart UV Alert at www.cancercouncil.com.au to view local UV levels. Wherever possible, we will use a combination of sun protection measures for all outdoor activities from September until the end of April and whenever UV levels reach 3 and above (*the level that can damage skin and eyes*).

Definitions

If scheduling outdoor activities:

Schedule outdoor events and/or training times outside peak UV times of 10am–2pm.

Consider all sun protection measures when planning outdoor events and/or training.

Shade - hold training sessions and competitions at venues that provide adequate shade.

Encourage participants, officials and spectators to use the shade available, and encourage people to bring their own umbrellas and shade tents.

Hats - ensure that officials and participants are encouraged to wear sun-safe hats that protect the face, neck and ears. Recommended sun-safe hats include legionnaire, board-brimmed and bucket hats. Baseball caps do not provide adequate sun protection and are not recommended.

Encourage members who do not bring hats to participate in an area protected from the sun or enforce a 'no hat, participate in the shade' rule for junior members.

Encourage participants to wear sun-safe clothing that covers as much skin as possible, including shirts/tops with longer sleeves and a collar, and long shorts or pants.

Encourage participants to wear Sunscreen that is at least SPF 30+, broad-spectrum, and water-resistant and participants, coaches, officials and spectators are encouraged to use it appropriately. Ensure that sunscreen is applied at least 20 minutes before going outdoors, and is reapplied every 2 hours when outdoors, or after getting wet or perspiring.

Encourage officials and participants to wear close-fitting, wrap-around sunglasses that cover as much of the eye area as possible and comply with Australian Standard AS/NZS 1067:2003 (Sunglasses: Category 2, 3 or 4).

Reference

Cancer Council - Sun Protection Policy for sporting groups
Constitution & By Laws – DrillDance Queensland Incorporated
Constitution & By Laws – DrillDance Australia

Contact

State Secretary

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