

SUN SAFETY POLICY



Name of Policy	Sun Safety
Policy Number	OP04
Date of Drafting	Reviewed April 2014
Policy Status	Approved
Date(s) of Approval by:	23 April 2014
Date Effective	23 April 2014
Contact Person	NSWSA Executive Officer
Date for Next Review	As necessary

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1. Introduction

Unprotected exposure to the sun's ultraviolet (UV) radiation can have an immediate negative impact on performance and hydration, and can cause painful sunburn.

Exposure to UV radiation also increases the risk of skin damage and skin cancer. Health authorities recommend that sun protection is required when the ultraviolet index is 3 or above. The time when the ultraviolet index in NSW is usually below 3 is before 10am Eastern Standard Time or 11am daylight saving time and after 2pm Eastern Standard Time or 3pm daylight saving time and all day during June and July. During these two months the ultraviolet index is likely to be low with the exception of environments at high altitudes or near reflective surfaces like water or snow.

2. Our Commitment

NSWSA 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 especially in high altitude environments.

Participants, officials and spectators will be encouraged to access the Sun Smart UV Alert at www.cancercouncil.com.au/sunsmart to view local UV levels. Wherever possible, we will use a combination of sun protection measures for all outdoor activities and whenever UV levels reach 3 and above.

3. The Policy

3.1 Scheduling of events

- Where possible, Schedule outdoor events and/or training times outside peak UV times of 10am–2pm (11am–3pm daylight saving time).
- Consider all sun protection measures when planning outdoor events and/or training.
- Where possible have early morning training sessions, games and events.

3.2 Shade

- Hold training sessions and competitions at venues that provide adequate shade or construct portable shade areas for participants during event times.
- Encourage participants, officials and spectators to use the shade available, and where the event organisers deem it suitable, encourage people/clubs/schools to bring their own tents to provide shade.

3.3 Hats

- On Hot ski days, ensure that officials and participants are encouraged to wear sun-safe hats that protect the face, neck and ears.

3.4 Clothing

- On Hot ski days, ensure that officials and participants are encouraged to wear sun-safe clothing that covers as much skin as possible, including shirts with longer sleeves and a collar or scarves which are great for protecting the neck against reflective burn.
- SPF 30+ broad-spectrum Chapsticks are encouraged to avoid sun damage to lips.

3.5. Sunscreen

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

3.6. Sunglasses/Goggles

- Encourage officials and participants to wear close-fitting, wrap-around sunglasses and goggles 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).

3.7 Role modelling

- Encourage all officials, coaches, trainers and adult members of the association to act as positive role models for younger members in all aspects of sun safe behaviour, including using a combination of sun protection measures.

3.8 Review

- Regularly monitor and review the effectiveness of the Sun Protection Policy to ensure it remains relevant and current.

4. Communicating the Policy

- Regularly promote sun protection information to officials, participants and spectators through briefings or training sessions, newsletters, notice

boards, online communications, enrolment and announcements at sporting events.

- Inform individuals about the organisation's Sun Protection Policy when they apply for membership.