

# *Sun Smart Policy*



**MASTERS  
SWIMMING**  
Queensland

## *Rationale*

Queensland has the highest rate of skin cancer in the world. Of all new cancers diagnosed in Australia each year, 80 per cent are skin cancers. Given sporting events often take place during peak ultraviolet radiation (UVR) times throughout the day, sporting organisations play a major role in both minimising UVR exposure and providing an environment where policies and procedures can positively influence long-term Sun Smart behaviour.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Research shows severe sunburn contributes to skin cancer and other forms of skin damage such as sunspots, blemishes and premature ageing. Most skin damage and skin cancer is therefore preventable.

With this in mind, Masters Swimming Queensland realises the need to protect participants, organisers, officials, coaches or spectators (these participants from here on will be referred to as 'members') from the sun and educate them about Sun Smart behaviour, thus reducing the risk of skin damage from overexposure to the sun.

## ***Aims***

The policy aims to:

- Provide ongoing education that promotes personal responsibility for skin cancer prevention and early detection;
- Provide sporting environments that support Sun Smart practices; and
- Create an awareness of the need to reschedule events, where possible, to support Sun Smart practices.

## ***Procedures***

Masters Swimming Queensland recognises that winter sun also contributes to skin damage. The implementation of this policy will be ongoing throughout the year.

The purpose of this Sun Smart policy is to ensure all staff, members and spectators of Masters Swimming Queensland are protected from the harmful effects of the sun throughout the year.

## ***Our commitment***

Masters Swimming Queensland will:

- Inform individuals about our Sun Smart policy when they apply for membership;
- Provide SPF 30+ broad-spectrum, water-resistant sunscreen for officials, members and spectators at our State Championships and State Open Water Swims;
- Encourage clubs to provide SPF 30+ broad-spectrum sunscreen for officials, members and spectators at their club swim meets
- Follow The Cancer Council Queensland guidelines for Sun Smart clothing when choosing, designing or redesigning uniforms;
- Where possible, hold training sessions and competitions at venues that provide adequate shade for members;
- Provide suitable shade structures for State Swim events where existing shade is not adequate for officials and volunteers, who assist at major swim meets. Encourage spectators to bring their own portable shade structures;
- Promote Sun Smart behaviour through posters and information brochures;
- Provide ongoing education about skin cancer prevention and early detection;
- Encourage all coaches, trainers and members of Masters Swimming Queensland to act as positive role models for younger members in all aspects of Sun Smart behaviour by:
  - wearing appropriate hats and clothing for all outdoor activities;
  - using SPF 30+ broad-spectrum, water-resistant sunscreen;
  - seeking shade whenever possible; and
  - wearing sunglasses that meet the Australian Standard (AS/NZS 1067:2003);
- Regularly reinforce the Sun Smart policy through newsletters and State Swim programs
- Review the Sun Smart policy annually.

## ***Our expectations***

Members and spectators will:

- Be aware of Masters Swimming Queensland's Sun Smart policy, having been informed about it upon registration;
- Take responsibility for their own health and safety by being Sun Smart;
- Comply with Sun Smart rules and guidelines by wearing suitable hats, clothing, sunscreen and sunglasses;
- Apply SPF 30+ broad-spectrum, water-resistant sunscreen 20 minutes before going outdoors;
- Use shaded or covered areas, where possible, when watching events and during breaks;
- Help to design and regularly update the Sun Smart policy; and
- Act as positive role models for other members and spectators in all aspects of Sun Smart behaviour.