

SUNSMART SPORTS POLICY

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RATIONALE:

- A balance of ultraviolet radiation (UV) exposure is important for health.
- Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer. 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.
- People often experience sunburn and skin damage when playing or watching sport due to extended periods exposed to high levels of UV without appropriate sun protection.
- Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for the development and maintenance of healthy bones and muscles, and for general health.

SUN PROTECTION TIMES:

- Sun protection is needed from the beginning of September to the end of April in Victoria and whenever UV levels are 3 and above. Particular care should be taken during the middle of the day when UV levels are most intense.
- Club officials and participants are encouraged to access the daily local sun protection times at sunsmart.com.au on the free SunSmart app or in the weather section of the newspaper.

SUN PROTECTION MEASURES:

Senior members act as role models by wearing sun-protective clothing and hats, applying sunscreen and seeking shade wherever possible.

1. Clothing

- Recommended that sun protective clothing is included as part of on and off-field uniform.
- Tops/jerseys are made from UPF (UV protection factor) 50+ material and have long sleeves and a collar.
- Tops/jerseys are loose fitting and lightweight.
- Where the competition uniform does not provide adequate sun protection, participants are reminded to apply SPF 30 minimum sunscreen to all exposed skin and wear covering whilst not on the track or water.

2. Sunscreen

- SPF 30 minimum or higher broad spectrum, water resistant sunscreen is promoted and/or provided to participants.
- Participants are encouraged to apply sunscreen 20 minutes before sailing and reapply every two hours or promptly reapply if skin gets wet.
- 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).

3. **Hats**

- Wide-brimmed or bucket style hats are included as part of the on and off-water uniform. Caps and visors do not provide adequate sun protection to the face, ears and neck and are not recommended.

4. **Shade**

- Conduct an assessment of existing shade (using the SunSmart shade audit resource).
- When not actively sailing, participants are 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).
- The use of shade from buildings, trees and other structures is utilised where possible.

5. **Sunglasses**

- Participants are advised to wear sunglasses that meet the Australian standard (AS/NZS 1067:2003).

REVIEW:

- This SunSmart policy will be reviewed biannually to ensure that the document remains current and practical.

RELEVANT DOCUMENTS AND LINKS:

- SunSmart: sunsmart.com.au
- SunSmart sun protection times widget: sunsmart.com.au
- SunSmart apps: sunsmart.com.au
- Heat and UV guide: sunsmart.com.au/downloads/communities/sports-clubs/uv-exposure-heat-illness-guide.pdf
- Shade audit: sunsmart.com.au/shade-audit/

This document is taken from Cancer Council Victoria, March 2014.