

Queenscliff Surf Life Saving Club (QSLSC) - Sun Safety Policy

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. About 1,800 Australians die every year from skin cancer, yet it is a largely preventable disease.

Given that QSLSC events often take place during peak UV radiation times, QSLSC can play a major role in minimising UV radiation exposure by providing an environment where policies and procedures positively influence sun protective behaviours.

Aim. This policy aims to ensure all members, officials and spectators are protected from the harmful effects of the sun throughout the year, and that we provide an environment that supports sun safety awareness and practices.

Our commitment 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.

Wherever possible, we will use a combination of sun protection measures for all outdoor activities, including competition, from September until the end of April and whenever UV levels reach 3 and above (the level that can damage skin and eyes) including the following:

1. Scheduling outdoor activities

- 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.

2. Shade

- Hold training sessions and competitions at venues that provide opportunities for shade.
- Encourage participants, officials and spectators to use the shade available, and encourage members and officials to bring and erect umbrellas and shade tents.

3. Hats

- Ensure that officials and participants are provided with or encouraged to wear sun-safe hats that protect the face, neck and ears. Recommended sun-safe hats include legionnaire, board-brimmed (including broad brimmed patrol hats) and bucket hats. Understand that baseball caps do not provide adequate sun protection and are not recommended.
- Encourage members who do not bring hats to stay in an area protected from the sun or enforce a 'no hat, stay in the shade' rule - especially for junior members.

4. Clothing

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

- Incorporate clothing, including clothing sold from the Club Clothing Shop, that is cool, loose fitting and made of densely woven fabric into the club uniform. Any fabric with an ultraviolet protection factor (UPF) rating above 15 provides good protection against UV radiation, but UPF50+ is recommended (AS/NZS 4399:1996).
- Encourage a swimsuit and rash vest with a UPF50+ into the club uniform for water sports. -Encourage competitors in club and inter-club events to wear sun-safe clothing (including hats) while waiting to compete, until the last possible moment before their competition starts. !

5. **Sunscreen**

- Make available a broad-spectrum, water resistant sunscreen with a sun protector factor (SPF) rating of a least 30+ for spectators, officials and participants.
- 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.

6. **Sunglasses**

- 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 10:2003(Sunglasses: Category 2,3 or 4).

7. **Increase awareness of Sun Safety**

- Regularly promote sun protection information to officials, participants and spectators through briefing or training sessions, newsletters, notice boards, online communications, sporting enrolment occasions and announcements at sporting events.
- Inform individuals about the organisation's Sun Protection Policy when they apply for membership.

8. **Role Modelling**

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

9. **Review**

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