



## **Sunshine Coast Dragon Boat & Outrigger Canoe Club's Sun Protection Policy**

**Aims** 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 that supports sun safety awareness and practices.

**Our commitment** The Sunshine Coast Dragon Boat & Outrigger Canoe 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. Participants, officials and spectators will be encouraged to access the SunSmart UV Alert at [www.cancercouncil.com.au/sunsmart](http://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 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:

### **Scheduling outdoor activities:**

1. **Schedule:** Where possible schedule all events and/or training times outside peak UV times of 10am–2pm. Consider all sun protection measures when planning events and/or training
2. **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.
3. **Hats:** Encourage all members and participants to wear sun-safe hats that protect the face, neck and ears. Encourage members who do not bring hats stay in areas protected from the sun when competing or training
4. **Clothing:** Encourage members and 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.
5. **Sunscreen:** Sunscreen is available and encouraged to be used it is at least SPF 30+, broad-spectrum and water-resistant for the use of members, participants, and coaches. Ensure that sunscreen is applied at least 20 minutes before training and or competing, and is reapplied every 2 hours, or after getting wet or perspiring.
6. **Sunglasses:** Members and participants are encouraged 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).

7. **Increase awareness of sun safety** Regularly promote sun protection information to all members at training sessions & events, and in newsletters, notice boards, online communications, enrolment and announcements at sporting events. Inform everyone about the organisation's Sun Protection Policy when they apply for membership.

8. **Role modelling:** Encourage all adult members of the club to act as positive role models for younger members in all aspects of sun safe behaviour, 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.

