

City of Echuca Bowls Club Sunsmart Policy July 2016

Unprotected exposure to the sun's ultra violet (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 1800 Australians die every year from skin cancer yet it is a largely preventable disease. The actions explained in this policy can help reduce the harmful effects of exposure to UV radiation for participants, officials and spectators.

City of Echuca Bowls 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.

1. Scheduling outdoor activities

Where possible we will:

- schedule outdoor events and/or training times outside peak UV times of 10 am - 2 pm (11 am - 3 pm daylight saving time).
- consider all sun protection measures when planning outdoor events and/or training.

2. Shade

Where possible we will:

- provide shade structures (built and portable shade structures etc).
- encourage spectators, officials and participants to use the shade available.

3. Hats

Where possible:

- officials and participants will be provided or encouraged to wear sun-safe hats that protect the face, neck and ears. Recommended sun-safe hats include legionnaire, board-brimmed and bucket hats.

4. Clothing

Where possible:

- Officials and participants will be provided or encouraged to wear sun-safe clothing that covers as much skin as possible, including shirts/tops with a longer sleeve and a collar, and long shorts or trousers.

5. Sunscreen

Where possible:

- SPF 30+ broad-spectrum, water-resistant sunscreen is available for spectators, officials and participants. Sunscreen should be applied at least 20 minutes before going outdoors.
- Spectators, officials and participants will be encouraged to reapply sunscreen every 2 hours when outdoors.

6. Sunglasses

Where possible:

- Officials and participants will be encouraged to wear close-fitting wrap-around sunglasses that cover as much of the eye areas as possible and comply with Australian Standard AS1067 (Sunglasses: Category 2, 3 or 4).

7. Increase awareness of sun safety

- Sun protection information is regularly promoted to officials, participants and spectators..

8. Role modelling of officials

- Officials are encouraged to role model good sun protection behaviours when outdoors.