



POLICY AKSC04 – SUNSMART POLICY

POLICY STATEMENT:

This policy provides guidelines on effective UV protection strategies to minimise skin cancer risk and support our obligations and duty of care to all those associated with our club.

Every sporting club has a responsibility to provide a safe environment for their staff, officials, volunteers, members and participants. Identifying hazards and risk management strategies are key to providing a safe sporting environment. This includes ultraviolet (UV) radiation and sun protection.

Too much UV radiation exposure can cause sunburn, skin and eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world. More than two in three Australians will be diagnosed with skin cancer in their lifetime. As the sun's UV radiation (which cannot be seen or felt) is the major cause of skin cancer, most skin cancers can be prevented by using sun protection measures whenever UV levels are three or higher.

When training, participating in, or watching outdoor sports, people are exposed to high levels of UV.

When to use sun protection

The best way to know when you need to use sun protection is to use the UV Index. The UV Index is a simple measure of the UV radiation level at the Earth's surface. It has been designed to help people to avoid overexposure to high levels of UV radiation. The values of the Index range from 0 upward and the higher the Index value, the greater the potential for damage to the skin and eye, and the less time it takes for harm to occur.

You need to use sun protection when the UV Index is 3 or above, and when the UV Index reaches 8 or above you should take extra care and stay out of the sun if this is possible. See the [Bureau of Meteorology](#) (external site) to view average monthly UV levels in Western Australia.

Visit [My UV](#) (external site) to find out more about the UV Index and download the Be SunSmart UV Index app.

The sun protection measures listed in this policy are used for all outdoor activities during the daily local sun protection times or when outside for extended periods.

Schedules

Armadale Kelmscott Swimming Club commits where possible to scheduling, training, events and competitions to minimise exposure to UV. Where it is not possible to avoid peak UV periods (9:30-3pm), the following measures are considered to minimise risks:

- Warm-up activities and play duration are reduced where possible with additional break times in shade included
- Activities start earlier in the morning or later in the evening
- Coaches, officials and volunteers frequently rotate out of direct UV
- Activity is held at an alternative venue (e.g. training under shade or indoors)

Sun Protection Measures

Shade

- An assessment of existing shade is conducted at commonly used outdoor venues.
- Shade from buildings, trees and other structures is used where possible (e.g. for dryland training, spectator areas, coach talks, presentation ceremonies)
- When not actively swimming or between individual events, participants are encouraged to rest in shaded areas.
- Staff, officials and volunteers rotate to shaded areas and are encouraged to take breaks in the shade.
- Where there is insufficient natural or built shade, temporary shade structures are provided or participants and spectators are invited to bring their own temporary shade (e.g. tents or umbrellas).

Uniform / Dress Code

- Sun-protective clothing is encouraged for all coaches, spectators and swimmers when attending meets or training sessions held outside, whilst not in the pool.
 - When in the water and protective clothing can't be worn swimmers are reminded to apply SPF50+ broad-spectrum, water-resistant sunscreen to all exposed skin.
- Coaches long sleeved shirts (uniform) are made from UPF (UV Protection Factor) 50+ material. Coaches are also supplied with wide brim hats.

Sunscreen

- SPF50+ broad-spectrum, water-resistant sunscreen is promoted and/or provided to coaches, officials, volunteers and participants and, where possible, attendees/spectators
- Staff, officials, volunteers and participants are encouraged to apply sunscreen (the equivalent of one teaspoon per limb for adults) 20 minutes before training and to reapply every two hours or immediately after sweating, swimming or towelling dry
- Sunscreen is replaced once it is past the expiry date
- The clubs storage cage stores a supply of SPF50+ broad-spectrum, water-resistant sunscreen

POLICY ADMINISTRATION

Version	Decision Reference	Synopsis
1	Committee Meeting 28/5/2024	New Club Policy