

# **SUNSMART POLICY**

## **1 Rationale**

The Yarra Plenty Swimming Club has a SunSmart Sport Policy because:

- Exposure to the sun's ultraviolet radiation (UVR) increases the risk of skin damage, skin cancer and damage to the eyes
- Australia has the highest rates of skin cancer in the world.
- Most skin cancer and eye damage can be prevented by simple measures
- It will provide guidelines for incorporation of sun protection practices into the operations of Yarra Plenty Swimming Club.
- Yarra Plenty Swimming Club will provide leadership and support for its members in adopting sun protection practices and policy.

## **2 To Whom the Policy Applies**

Swimmers, officials, administrators, volunteers, supporters and spectators.

## **3 Aims of the Policy**

- To increase the awareness of the importance of protecting skin and eyes from UVR and knowledge of ways to reduce exposure.
- To incorporate sun protection into safer sport practices.
- To incorporate sun protection into the uniforms of all officials and volunteers and practices of all participants.
- To incorporate the promotion of sun protection into the responsibilities of the clubs role models; officials and administrators.
- To incorporate sun protection information and practices into training and development programmes.
- To encourage and support the adoption of sun protection and policy implementation by members.

## **4 Sun Protection Guidelines**

- Whenever possible, reduce the time spent outdoors when UVR levels are at the highest (11am to 3.00pm Daylight Saving Time)
- Choose loose-fitting clothing in a tightly woven fabric to cover as much skin as possible.
- A collar, worn up and longer sleeves provide better protection.
- Wear a hat with broad brim to protect the face, ears and neck.
- Apply broad spectrum, water resistant sunscreen SPF 30+ at least 20 minutes before going outside.
- Reapply every two hours, or when sunscreen has been wiped or washed off.
- Whenever possible, wear wraparound sunglasses meeting the Australian Standard for UV protection (labelled AS 1067)
- Whenever possible, use available shade. However, be aware, reflected and scattered UVR, e.g. from swimming pool, can still damage skin, even in the shade.
- Be a good role model for younger swimmers and encourage them to use sun protection measures.

## **5 Event Management**

- To avoid peak UVR times (11.00am—3.00pm Daylight Saving Time) choose indoor pools for carnivals or outdoor pools with shade cover over the surrounding areas.
- Work towards improvement of provision of permanent and temporary shade structure at carnivals.
- Have announcements on sun protection over the public address system.
- Have officials pre-carnival checklists to include sun protection and other safer sport practices.
- Provide incentives or rewards for good sun protection behaviour by individuals or clubs.
- Have posters in change rooms, officials' rooms and at access points to spectator seating.

## **6 Training and Development Programs**

- Incorporate sun protection information in application forms, manuals and packs for participants.
- Incorporate sun protection behaviours and practices in planning of activities, e.g. using shade wherever possible.

**Committee members, Coaches and Swimmers Committee members to act as role models.**

## **7. Dissemination of Policy and Support for Club Members**

Inform club members of their need to implement the SunSmart Policy through 'Jaws' magazine, notice board, internet site; Incorporation of SunSmart Policy information into Membership application and Information booklet.