

SunSmart Sports Policy

University of Western Australia

Boat Club



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The following policy is in place to help UWABC minimise the risks of overexposure to UV.

Rationale

The sun's ultraviolet (UV) radiation is the main cause of skin cancer. UV damage also causes sunburn, tanning, premature ageing and eye damage. Australia has one of the highest rates of skin cancer in the world. Two in three Australians will develop some form of skin cancer before the age of 70.

Sunburn and other UV damage is common while playing or watching sport, when people are exposed to the sun's UV radiation for long periods of time.

Sporting clubs have a responsibility under health and safety legislation to provide and maintain a safe environment for athletes, coaches, volunteers and spectators. By minimising UV harms, you will help to fulfil this obligation and duty of care.

Sun protection times

- The sun protection times from the Bureau of Meteorology forecast the time of day UV levels are due to reach 3 or higher. At these levels, sun protection is recommended for all skin types. In Western Australia, UV levels regularly reach 4 or higher from mid-August to the end of May.
- A combination of sun protection measures is needed during the daily local sun protection times.
- To assist with the implementation of this policy, club committee members, athletes, coaches and participants are encouraged to access the daily local sun protection times at sunsmart.com.au, on the free SunSmart app or in the weather section of the newspaper.

Schedules, fixtures and rule modifications

- Where possible, training, events and competitions are scheduled to minimise exposure to high risk conditions.
- Cancellation or modification of training, events or competitions occurs according to the rules of Rowing WA's Adverse Weather Conditions policy, when high risk conditions are forecast.

Where it is not possible to avoid peak UV and heat periods, the following interim steps are taken to minimise the risk of overexposure to UV and heat illness:

- Warm-up activities are limited in duration and intensity.
- The duration of the activity is reduced.
- Activities start earlier in the morning or later in the evening.
- Rest breaks and opportunities to seek shade and rehydrate are increased.
- Officials rotate out of the sun more frequently than usual.
- Activity is held at an alternative venue (e.g. indoors).
- Coaches, committee members and senior members act as role models by wearing sun-protective clothing and hats, applying sunscreen and seeking shade wherever possible.

Sun protection measures

1. Clothing

- Sun-protective clothing is included as part of on and off-water uniform and uniform for officials and volunteers.
- Shirts are made from UPF (UV protection factor) 50+ material and have long sleeves and a collar.
- Shirts are loose-fitting and lightweight.
- Where the competition uniform does not provide adequate sun protection, participants are reminded to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen to all exposed skin and wear covering clothing whilst not participating.



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2. Sunscreen

- SPF30 (or higher) broad-spectrum, water-resistant sunscreen is promoted and/or provided to participants.
- Participants are encouraged to apply sunscreen 20 minutes before training or racing and to reapply every two hours or immediately after sweating, swimming or toweling dry.
- Sunscreen is stored below 30°C and replaced once it is past the use-by date.
- Participants are encouraged to apply a generous amount of sunscreen (the equivalent of one teaspoon per limb).
- A free supply of SPF30 (or higher) broad-spectrum, water-resistant sunscreen is available to all participants at any time at the club.

3. Hats

- Wide-brimmed or bucket hats are encouraged.
- The sole use of caps and visors do not provide adequate sun protection to the face, ears and neck and are not recommended for extended sun protection but may be used, in combination with sunscreen on parts of skin not covered, as an interim measure for racing or training.

4. Shade

- When not actively participating or between individual events, participants are able to and encouraged to rest in shaded areas.
- Where there is insufficient natural or built shade, temporary shade structures are provided, or participants are notified to bring their own temporary shade (e.g. tents or umbrellas).
- Shade from buildings, trees and other structures is used where possible.
- Presentation ceremony areas etc. Are protected by shade.

5. Sunglasses

- Participants are advised to wear sunglasses that meet the Australian standard where possible.

Education and information

- The times when sun protection is required (as determined by SunSmart's daily local sun protection times) are communicated to participants and spectators.

Review

- This SunSmart policy will be reviewed regularly.
- This policy was last updated on 7 September 2020.
- Next policy review: 7 March 2021

Relevant documents and links

- **SunSmart:** sunsmart.com.au
- **SunSmart widget:** sunsmart.com.au/uv-sun-protection/uv/uv-widget
- **SunSmart app:** sunsmart.com.au/app
- **Heat and UV Guide:** sunsmart.com.au/downloads/communities/sports-clubs/uv-exposure-heat-illness-guide.pdf
- **Shade audit:** sunsmart.com.au/shade-audit/

