



Laverton Wyndham Aquatics

The following policy is in place to help Laverton Wyndham Aquatics 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 and organisations have a responsibility under health and safety legislation to provide and maintain a safe working environment for staff, volunteers, members and spectators.

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 Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April.
- A combination of sun protection measures are needed during the daily local sun protection times.
- To assist with the implementation of this policy, club officials, coaches and members are encouraged to access the daily local sun protection times at sunsmart.com.au, on the free SunSmart app or SunSmart widget (on the club website) and in the weather section of the newspaper.

Training & Competitions

- Where possible, training, events and competitions are scheduled to minimise exposure to UV and heat.
- Cancellation of training, events or competition occurs (according to the rules of Swimming Victoria) 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.
- Coaches 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 uniform and uniform.
- Tops/jerseys are made from UPF (UV protection factor) 50+ material and have long sleeves and a collar.
- Tops/jerseys are loose-fitting and lightweight.
- Where pool training or competitions are at outdoor venues, members are reminded to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen to all exposed skin and wear covering clothing whilst not in the pool.



2. Sunscreen

- SPF30 (or higher) broad-spectrum, water-resistant sunscreen is promoted and provided to members.
- Members are encouraged to apply sunscreen 20 minutes before training and to reapply every two hours or immediately after swimming or toweling dry.
- Sunscreen is stored below 30°C and replaced once it is past the use-by date.
- Members are encouraged to apply a generous amount of sunscreen (the equivalent of one teaspoon per limb).
- The first aid kit includes a supply of SPF30 (or higher) broad-spectrum, water-resistant sunscreen.

3. Hats

- Bucket hats are included as part of the uniform.
- 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.

4. Shade

- Where there is insufficient natural or built shade, temporary shade structures are provided.
- Shade from buildings, trees and other structures is used where possible.
- Marshalling and presentation ceremony areas are protected by shade.

5. Sunglasses

- Members are advised to wear sunglasses that meet the Australian standard (AS/NZS 1067:2016).

Education and information

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

Review

- This SunSmart policy will be reviewed regularly.
- This policy was last updated on June 2021
- Next policy review: June 2022

Relevant documents and links

- **SunSmart:** [sunsmart.com.au](https://www.sunsmart.com.au)
- **SunSmart widget:** [sunsmart.com.au/uv-sun-protection/uv/uv-widget](https://www.sunsmart.com.au/uv-sun-protection/uv/uv-widget)
- **SunSmart app:** [sunsmart.com.au/app](https://www.sunsmart.com.au/app)
- **Heat and UV Guide:** [sunsmart.com.au/downloads/communities/sports-clubs/uv-exposure-heat-illness-guide.pdf](https://www.sunsmart.com.au/downloads/communities/sports-clubs/uv-exposure-heat-illness-guide.pdf)
- **Safe Work Australia:** [Guidance Note – Sun protection for outdoor workers](#) (2016)

For more information contact SunSmart:

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