Little Athletics Tasmania

Policy #4

Sun Smart Policy

Reviewed
July 2024

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Foundation for all sports

Little Athletics Tasmania Sun Smart Policy

The health of participants is of primary concern to Little Athletics Tasmania (LATas). It is acknowledged that skin cancer is a major public health problem in Australia, with two out of every three people being diagnosed with skin cancer in their lifetime. LATas recognises the importance of promoting healthy sun protection practices, therefore, has developed this policy to ensure that staff, volunteers, members and athletes are protected against overexposure to UV radiation. While LATas will endeavour to assist in sun protection when at meetings, training and competition, it is accepted that ultimately, the responsibility is that of each individual and/or - in the case of children - their parents or guardians.

Objectives

- Ensure that staff, volunteers, members and athletes are protected from over-exposure to UV.
- Educate staff and volunteers on appropriate sun protection.
- Ensure the outdoor environment provides adequate shade.
- Support appropriate WHS strategies to minimise UV risk and associated harms for staff, volunteers and athletes.

Strategies

Staff and volunteers are encouraged to check and record the sun protection times on a daily basis at http://www.cancer.org.au/tas, http://www.bom.gov.au/tas/uv/, www.myuv.com or on the free SunSmart Global UV app.

In Tasmania average peak UV levels reach 3 and above from September to April. Staff, athletes, members and volunteers will use the following sun protection measures when UV levels are 3 and above:

1. **Shade**
   - Availability of shade is considered when planning all outdoor activities.
   - Maximum use will be made of existing natural shade.
   - Where natural shade is not adequate, LATas will endeavour to maximise the use of alternative shade facilities.
   - When attending events at various localities controlled by other bodies, LATas will endeavour to provide suitable portable shade structures for its members.
   - Athletes, staff and volunteers are actively encouraged to use available areas of shade when outdoors.
2. **Clothing**
   - Members will be encouraged to wear shirts with sleeves and collars and to use broad-spectrum, water-resistant, SPF50 or SPF 50+ sunscreen appropriately on exposed parts of their bodies.
   - Affiliated Centres will be encouraged to design uniforms, which incorporate shirts with sleeves and collars.
   - Clothing exposing large amounts of shoulder and upper torso (e.g. singlets, crop tops) are not recommended unless competing. It is strongly suggested that athletes and volunteers otherwise wear recommended clothing as described above.
   - Where possible, LATas will recommend Affiliated Centres specify materials with appropriate UPF ratings of 50 or higher when designing uniforms.
3. **Hats**
   - Where practical, all staff, volunteers, members and athletes are required to wear sun-safe hats that protect the face, neck and ears when outside. Recommended sun-safe hats include legionnaire, broad-brimmed and bucket hats.
   - Baseball caps and sun visors do not offer enough protection and are not recommended.
4. **Sunscreen**
   - The use of broad-spectrum, water-resistant, SPF50 or SPF50+ sunscreen is required.

- Members and athletes are encouraged to provide their own broad-spectrum, water-resistant SPF 50 or higher sunscreen. This should also be available for use.
- Sunscreen is applied 20 minutes before going outdoors and reapplied every 2 hours when outside for long periods (more frequently if heavily sweating).

5. **Sunglasses**
   Close-fitting wrap-around sunglasses that comply with Australian Standards 1067 (Category 2, 3 or 4) are encouraged but optional.

Staff WHS, Role Modelling and Education

- When the UV is 3 and above, LATas will encourage all coaches, officials and members to act as strong role models By using the combination of sun protection measures outlined above.
- LATas Officers will regularly revise and upgrade sun protection measures as appropriate.
- LATas will endeavour to promote sun safety in a positive way, through newsletters, written literature and over the public address system.
- Affiliated Centres will be advised that parents/guardians registering their child/children are to be:
  - Shown the LATas Sun Protection Policy and encouraged to comply with it. Copies will be available for all Centres to display in prominent areas and
  - Encouraged to:
    - Purchase appropriate sun safe clothing where available for their child's/children's usage.
    - Provide SPF50 or SPF50+ broad-spectrum, water-resistant sunscreen for their child/children.
    - Promote sun safe behaviour to their child/children.
    - Provide safety sunglasses, which filter 100% of UV for their child/children.
- LATas will encourage Affiliated Centres to adopt and promote similar Sun Protection Policies.

Planning

- Ensure the Sun Protection policy is reflected in the planning of all outdoor events.
  Where possible, LATas will endeavour to schedule activities away from the middle of the day during the period of September to April (when UV levels reach 3 or above). Where this is not practical members are advised of the need for extra sun safety precautions during those hours.

Monitoring and review

The sun protection policy will be submitted for review to Cancer Council Tasmania once every three years for updating as new evidence becomes available.

This Policy relates to the following Legislation and Standard: Work Health and Safety Act

Date: July 2024 **Review date: July 2027**

This information is based on current evidence available at time of review.
Last updated: July 2024.

For more information:

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