



**Little  
Athletics  
Tasmania**

Policy #4  
**Sun Smart Policy**

Reviewed

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**Foundation for all sports**

# Little Athletics Tasmania Sun Smart Policy

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The health of participants is of primary concern to Little Athletics Tasmania. It is acknowledged that skin cancer is a major public health problem in Australia, with two out of every three people requiring treatment for some form of skin cancer in their lifetime. It is recognised that skin cancer is preventable and like any other medical condition, it is best dealt with by the application of preventative measures. 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.

- Where practical LATas will endeavour to schedule activities outside the hours of peak UV readings. Where this is not practical members are advised of the need for extra sun safety precautions during those hours (approximately 10.00am and 2.00pm.)
- LATas will recommend Affiliated Centres conform to “Tasmanian Cancer Fund Guidelines for Sun Safe Clothing” when choosing uniforms.
- Members will be encouraged to wear a hat/cap, which protects the face, ears, neck, shoulders and crown of the head while participating in Little Athletics activities.
- Members will be encouraged to wear shirts with sleeves and collars and to use broad spectrum 30+ sunscreen appropriately on exposed parts of their bodies.
- Affiliated Centres will be encouraged to design uniforms, which incorporate shirts with sleeves and collars.
- LATas will recommend Affiliated Centres specify materials with appropriate UV protection ratings when designing uniforms. (Sunburn will occur in about 5 hours through material rated at UPF 20; and about 8 hours for UPF 40.)
- LATas supports the use by its members of 100% UV protective sunglasses during TLAA activities. It is also recommended these glasses have safety lenses.
- 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.
- LATas will endeavour to promote sun safety in a positive way, through newsletters, written literature and over the public address system.
- LATas will encourage all coaches, officials and members in prominent positions to act as strong role models in respect of sun safety practices.
- LATas Officers will regularly revise and upgrade sun protection measures as appropriate.
- Affiliated Centres will be advised that parents/guardians registering their child/children are to be:
  - [I] Shown the LATas Sun Smart Policy and encouraged to comply with it. A laminated copy is provided for all Centres. This must be displayed at the registration area and
  - [II] Encouraged to:
    - Purchase appropriate sun safe clothing including protective uniform clothing where available for their child’s/children’s usage.
    - Provide 30+ broad-spectrum sunscreen or zinc cream 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 Smart Policies.

## Questions or concerns?

Question and concerns relating to this policy can be directed to the Little Athletics Tasmania Office:

Little Athletics Tasmania

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