

SunSmart Sports Policy



Australian Sports Camp's SunSmart policy

The following policy is in place to help Australian Sports Camps participants minimise the risks of overexposure to UV.

Rationale

A balance of ultraviolet radiation (UV) exposure is important for health.

Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for the development and maintenance of healthy bones and muscles, and for general health.

However, too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer. 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.

People often experience sunburn and skin damage when playing or watching sport due to extended periods exposed to high levels of UV without appropriate sun protection.

Sun protection times

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 to assist with the implementation of this policy.

- Sun protection is needed from the beginning of September to the end of April and whenever UV levels are 3 and above. Particular care should be taken during the middle of the day when UV levels are most intense.
- From May to August, sun protection isn't usually needed unless near highly reflective surfaces such as snow, outside for extended periods or when the UV reaches 3 and above.

Extreme weather policy

We do not cancel our sports camps due to extreme weather.

However, when extreme weather occurs, we modify our program and make the best and most appropriate use of the venue's facilities to minimize the risk of overexposure to UV and heat illness.

- Warm-up activities are limited in duration and intensity.
- The duration and intensity of sessions and other games and activities are reduced.
- We hold undercover/indoor talks from the coaching specialists.
- Rest breaks and opportunities to seek shade and rehydrate are increased.
- Officials, 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

We recommend sun-protective clothing and that tops/jerseys have a collar. Tops/jerseys should be loose fitting and lightweight and ideally be long-sleeved and made from UPF (UV protection factor) 50+ material.

Throughout the day, participants are reminded to apply SPF 30 or higher sunscreen to all exposed skin and wear covering clothing whilst resting.



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2. Sunscreen

SPF 30 or higher broad spectrum, water resistant sunscreen is promoted and provided to participants. People with naturally very dark brown or black skin (not a tan or olive skin) may not need to wear sunscreen.

Participants are encouraged to apply sunscreen 20 minutes before commencing any outdoor sports camp and to reapply every two hours.

Australian Sports Camp's 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).

3. Hats

Wide-brimmed or bucket style hats are recommended as caps and visors often do not provide adequate sun protection to the face, ears and neck.

4. Shade

When not actively participating or between individual sessions, participants are able to rest in shaded areas.

The use of shade from buildings, trees and other structures is utilized wherever possible.

5. Sunglasses

Participants are advised to wear sunglasses that meet the Australian standard (ASNZS 1067:2003).

Further information

Participants are strongly advised to use appropriate sun protection measures at all times.

Participants are advised that from the beginning of September, sun protection measures need to be implemented.

Participants are also advised that at the start of May, sun protection measures are no longer required unless UV index levels reach 3 and above.

Review

This SunSmart policy will be reviewed bi-annually to ensure that the document remains current and practical.

This policy was last updated on 28th February, 2016.

Relevant documents and links

SunSmart: sunsmart.com.au

SunSmart sun protection times widget: sunsmart.com.au

SunSmart apps: sunsmart.com.au

Heat and UV Guide: sunsmart.com.au/downloads/communities/sports-clubs/uv-exposure-heat-illness-guide.pdf

Shade audit: sunsmart.com.au/shade-audit/

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Disclaimer

The information contained in this guide is general in nature and does not constitute medical advice from your doctor or health professional. While all reasonable attempts have been made to ensure the accuracy of the information contained in this guide, SunSmart and associated parties cannot accept responsibility for loss, injury, claim or damage resulting from the use or application of information within this guide.

This information is based on current available evidence at the time of review. It can be photocopied for distribution.
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