



Athletics Chilwell

SUNSMART policy

The following policy is in place to help Athletics Chilwell 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, players 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 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 participants 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.

Schedules, fixtures and rule modifications

- Where possible, training, events and competitions should be scheduled to minimise exposure to UV and heat.
- Cancellation of training, events or competition should occur when high risk conditions are forecast.

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

- Warm-up activities be limited in duration and intensity.
- The duration of the activity be reduced.
- Activities to start earlier in the morning or later in the evening.
- Rest breaks and opportunities to seek shade and rehydrate be increased.
- Officials to rotate out of the sun more frequently than usual.
- Officials, coaches and senior members to 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 should be included as part of athletes' off-field uniform and for officials and volunteers.
- Where 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 competing.

2. Sunscreen

- SPF30 (or higher) broad-spectrum, water-resistant sunscreen to be promoted and/or provided to participants.
- Participants to be encouraged to apply sunscreen 20 minutes before training or competition and to reapply every two hours or immediately after sweating.
- Sunscreen to be stored below 30°C and replaced once it is past the use-by date.
- Participants to be encouraged to apply a generous amount of sunscreen (the equivalent of one teaspoon per limb).

3. Hats

- 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 on-field play or training.

4. Shade

- When not actively competing or training, participants should rest in shaded areas.
- Where there is insufficient natural or built shade, temporary shade structures should be provided, or participants be notified to bring their own temporary shade (e.g. tents or umbrellas).
- Shade from buildings, trees and other structures be used where possible (e.g. for marshalling areas, spectator areas).
- Marshalling and presentation ceremony areas to be protected by shade where possible.
- Officials should rotate to cooler, shaded areas.

5. Sunglasses

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

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/
- **Australian Government Therapeutics Goods Administration (TGA) – Australian regulatory guidelines for sunscreens: 4. Labelling and advertising – directions for use of the product**
- **ARPANSA Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation (2006)**
- **Safe Work Australia: [Guidance Note – Sun protection for outdoor workers](#) (2016)**