



**Policy: Sun Protection**

The following policy is in place to help Lightning Swim Club members reduce UV exposure and skin cancer risk.

**Rationale**

The sun’s ultraviolet (UV) radiation can’t be seen or felt. Whatever the weather, it’s important for people of all skin types to use sun protection whenever UV levels are three or higher.


Too much of the sun’s UV can cause sunburn, skin and eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70.

While playing or watching sport, people are exposed to the sun’s UV 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, participants and spectators. By minimising UV harms, we aim to fulfil this obligation and duty of care.

**Sun protection times**

- To assist with the implementation of this policy, club officials, coaches, parents and swimmers are encouraged to access the daily local sun protection times via the free [SunSmart app](#) or at [sunsmart.com.au](#).
- The sun protection measures listed are used for all outdoor activities during the **daily local sun protection times**. The sun protection times are a forecast from the Bureau of Meteorology for the time of day UV levels are forecast to reach 3 or higher. In Queensland, sun protection is required all year, even in winter, due to consistently high UV levels.
- A combination of sun protection measures are needed during the daily local sun protection times.

SUN PROTECTION and the UV INDEX										
Low		Moderate			High		Very High		Extreme	
UV INDEX 1	UV INDEX 2	UV INDEX 3	UV INDEX 4	UV INDEX 5	UV INDEX 6	UV INDEX 7	UV INDEX 8	UV INDEX 9	UV INDEX 10	UV INDEX 11+
<b>SUN PROTECTION NOT REQUIRED</b>		<b>SUN PROTECTION REQUIRED</b>								
Unless outdoors for extended periods, or near reflective surfaces such as snow or water.		Wear sun-protective clothing, a broad-bimmed hat and sunglasses. Apply SPF30+ sunscreen to any unprotected skin. Seek shade.								
										

### Schedules and modifications (including a cancellation policy)

- 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 Queensland when high risk conditions are forecast.

### Where it is not possible to avoid peak UV and heat periods, the following measures are considered to minimise risks:

- 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.
- Officials rotate out of the sun more frequently than usual.
- Officials, coaches, parents and senior swimmers 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 on and off-field uniform and uniform for officials, volunteers and swimmers.
- Swimmers 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/or provided to participants.
- Swimmers are encouraged to apply sunscreen 20 minutes before training or swimming and to reapply every two hours and immediately after swimming or toweling dry.
- Sunscreen is stored below 30°C and replaced once it is past the expiry date.
- Swimmers are encouraged to apply a generous amount of sunscreen (the equivalent of one teaspoon per limb).

#### 3. Hats

- Bucket hats are available as part of the club uniform (even though they can't be worn in the pool).
- 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.

#### 4. Shade

- Swimmers use shaded areas at training where appropriate and shade tents are utilized at all swim meets.
- When not actively swimming or between individual events, participants are able to rest in shaded areas.
- Shade from buildings, trees and other structures is used where possible (e.g. marshalling areas, spectator areas).
- Swimmers and officials rotate to cooler, shaded areas where possible.

#### 5. Sunglasses

- Swimmers are advised to wear sunglasses that meet the Australian standard (AS/NZS 1067:2016) when not in the pool.

Members, coaches and families should determine their own [Risk factors for skin cancer](#) and use sun protection accordingly regardless of UV levels.

### Relevant documents and links

- SunSmart: [sunsmart.com.au](http://sunsmart.com.au)
- SunSmart app: [sunsmart.com.au/resources/sunsmart-app](http://sunsmart.com.au/resources/sunsmart-app)
- Swimming Qld Sun Smart policy : [SQ Sun Smart Policy as at 25032019 \(swimming.org.au\)](http://SQ Sun Smart Policy as at 25032019 (swimming.org.au))
- ARPANSA [Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation](#) (2006)
- Safe Work Australia: [Guide on exposure to solar ultraviolet radiation \(UVR\)](#) (2019)
- AS 4174:2018 Knitted and woven shade fabrics
- AS/NZS 1067.1:2016, Eye and face protection - Sunglasses and fashion spectacles
- AS 4399:2020, Sun protective clothing - Evaluation and classification
- AS/NZS 2604:2012 Sunscreen products - Evaluation and classification
- Australian Government Therapeutics Goods Administration (TGA) – Australian regulatory guidelines for sunscreens: [4. Labelling and advertising – directions for use of the product](#)

For more information:

W: [Being Sunsmart - Cancer Council QLD \(cancerqld.org.au\)](http://Being Sunsmart - Cancer Council QLD (cancerqld.org.au)) / E: [info@cancerqld.org.au](mailto:info@cancerqld.org.au) /P: (07) 3634 5100

### Disclaimer

This information 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, SunSmart and associated parties cannot accept responsibility for loss, injury, claim or damage resulting from the use or application of this information. This information is based on current available evidence at the time of review. It can be photocopied for distribution.

Updated: October 2021

## Administration

### Approval Details

Policy Owner	Vice President
Committee Approval Date	24/09/2023
Date for review	2 years from last approval date

### Revision History

Version	Approval Date	Details of Changes	Author