



## **Highfields and District Little Athletics Centre**

PO Box 447

Highfields QLD 4352

Email – secretary.hdlac@hotmail.com

Website – www.highfieldslittleathletics.com

### **Sun Protection Policy**

This policy aims to ensure all participants, officials, volunteers and spectators are protected from the harmful effects of the sun throughout the year, and that we provide a sporting environment that supports sun safety awareness and practices. It is acknowledged that skin cancer is a major public health problem in Australia and in particular Queensland, 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.

Our Centre has a duty of care to provide a safe environment for everyone involved in our activities. Providing a safe environment includes protecting people from the harmful effects of UV radiation. Participants, officials, volunteers and spectators will be encouraged to adhere to sun safe principles. Wherever possible we will use a combination of sun protection measures for Highfields and District Little Athletics Centre activities. While this Centre will endeavour to assist in sun protection when at training and competitions, it is accepted that ultimately, the responsibility is that of each individual and / or – in the case of children – their parents or guardians.

#### **1. Scheduling activities:**

- The Centre will consider all sun protection measures when planning events and/or training.
- Where practical, the Centre 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 (between approximately 10.00am and 2.00pm).
- Where possible in the height of the summer months the Centre will investigate the feasibility of having evening events.

#### **2. Shade:**

- Where natural shade is not adequate, the Centre will maximise the use of alternative portable shade structures.
- The Centre encourages participants, officials, volunteers and spectators to take advantage of shade available from buildings, trees and portable shade structures, and encourage people to bring their own umbrellas etc.

#### **3. Hats:**

- The Centre encourages participants and officials to wear sun-safe hats that protect the face, ears, neck, shoulders and crown of the head while participating in Little Athletics activities during daylight hours. Recommended sun-safe hats include broad-brimmed and bucket hats. Caps do not provide adequate sun protection and are not recommended.

Date Effective:

3<sup>rd</sup> March 2018

Version:

HDLA-P-01-001

#### **4. Clothing:**

- All participants are required to wear the Centre uniforms. The Centre will select and design uniforms with sun-safe practices in mind.
- All Officials, volunteers and parents/guardians are encouraged to wear appropriate sun-safe clothing that includes a collar.

#### **5. Sunscreen**

- The Centre shall endeavour to have Sunscreen available that is at least SPF 30+, broad-spectrum and participants, officials, volunteers and spectators are encouraged to use it appropriately.
- Sunscreen should be applied on exposed parts of their bodies at least 20 minutes before going outdoors, and reapplied every 2 hours or earlier if perspiring.

#### **6. Sunglasses**

- The Centre encourages members to wear close-fitting, wrap-around 100% UV protective sunglasses that cover as much of the eye area as possible during Little Athletics activities.

#### **7. Awareness**

- The Centre will regularly promote sun protection in a positive way through briefings, notice boards and online communications.
- The Centre will inform individuals and families about the Centre's Sun Protection Policy when they apply for membership.
- In the course of promoting the Centre or Little Athletics, by way of print (Flyers/advertisements), electronic or visual (web page/television/video), HDLA will not use pictures depicting human figures (cartoon or actual) in clothing that is not sun safe.

#### **8. Role modelling**

- The Centre will encourage all officials, coaches, and adult members of the Centre to act as positive and strong role models for younger members in all aspects of sun safe behaviour, including using a combination of sun protection measures.
- Parents/guardians registering their child/children are 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 higher) for their child/children
  - Promote sun safe behaviour to their child/children