



MUDJIMBA SURF LIFE SAVING CLUB INC.

SUN PROTECTION POLICY

Mudjimba Surf Lifesaving Club Inc. (Mudjimba SLSC) is committed to providing a sun safe environment for our Children (Nippers), Youth, Members and their families, and visitors to our Club. Children and Youth are defined as those under the age of 18 years old.

The following policy is in place to help Mudjimba SLSC 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 – 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, Mudjimba SLSC 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.

A combination of sun protection measures is 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 on the Bureau of Meteorology (BOM).

SCHEDULES, FIXTURES AND RULE MODIFICATIONS (INCLUDING A CANCELLATION POLICY)

- Where possible, training, events and competitions are scheduled to minimise exposure to UV and heat.

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

- 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 and participants rotate out of the sun more frequently than usual.
- Activity is held in shaded areas where possible.



- Officials, Coaches, Area Captains, and senior members act as role models by wearing sun-protective clothing and hats, applying sunscreen, and seeking shade wherever possible.
- When members are participating in water activities, long sleeve rashies are strongly encouraged to be worn by all members.

SUN PROTECTION MEASURES

1. CLOTHING

- Sun-protective clothing is included as part of the Lifesaving uniform and uniform for officials and volunteers. Nippers are requested to wear long sleeved rashies.
- Tops are made from UPF (UV protection factor) 50+ material and have long sleeves and a collar.
- Tops are loose-fitting and lightweight.
- Where swimwear 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 in the water or participating in training or activities.

2. SUNSCREEN

- SPF30 (or higher) broad-spectrum, water-resistant sunscreen is promoted and/or provided to participants.
- Participants are encouraged to apply sunscreen 20 minutes before training or activities, and to reapply every two hours or immediately after sweating, swimming, or toweling dry.
- Sunscreen provided by the Club is stored below 30°C and replaced once it is past the use-by date.
- All participants are required to provide their own SPF30 (or higher) broad spectrum, water resistant sunscreen.
- Participants are encouraged to apply a generous amount of sunscreen (the equivalent of one teaspoon per limb).
- The First Aid Room includes a supply of SPF30 (or higher) broad-spectrum, water-resistant sunscreen.

3. HATS

- Wide-brimmed or bucket hats are recommended to be worn when not swimming or participating in water activities.
- 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 activities or training.

4. SHADE

- An assessment of existing shade has been conducted at commonly used outdoor venues.
- When not actively playing or between individual events, participants are able to rest in shaded areas.
- Where there is insufficient natural or built shade, temporary shade structures are provided, or participants are notified to bring their own temporary shade (e.g. tents or umbrellas).
- Shade from buildings, trees and other structures is used where possible (e.g. for player interchange, marshalling areas, spectator areas).
- Marshalling, interchange, and presentation ceremony areas are protected by shade.
- Participants and officials rotate to cooler, shaded areas.

5. SUNGLASSES

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



EDUCATION AND INFORMATION

- The times when sun protection is required (as determined by SunSmart's daily local sun protection times) are communicated to participants and spectators.

REVIEW

- This SunSmart policy will be reviewed regularly.

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)