

# SUN SMART POLICY

## **Purpose**

Queensland has the highest rate of skin cancer in the world. Of all new cancers diagnosed in Australia each year, 80 per cent are skin cancers. Given sporting events often take place during peak ultraviolet radiation (UVR) times throughout the day, sporting organisations play a major role in both minimising UVR exposure and providing an environment where policies and procedures can positively influence long-term SunSmart behaviour.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Research shows severe sunburn contributes to skin cancer and other forms of skin damage such as sunspots, blemishes and premature ageing. Most skin damage and skin cancer is therefore preventable.

With this in mind, Cairns Rowing Club (CRC) in conjunction with Rowing Queensland Inc (RQI) realises the need to protect participants, organisers, officials, coaches or spectators (these participants from here on will be referred to as 'members') from the sun and educate them about SunSmart behaviour, thus reducing the risk of skin damage from overexposure to the sun.

## **Aims**

The policy aims to:

- Provide ongoing education that promotes personal responsibility for skin cancer prevention and early detection;
- Provide sporting environments that support Sun Smart practices; and
- Create an awareness of the need to reschedule events, where possible, to support SunSmart practices.

## **Procedures**

CRC recognises that winter sun also contributes to skin damage. The implementation of this policy will be ongoing throughout the year.

The purpose of this SunSmart policy is to ensure all members and spectators of CRC are protected from the harmful effects of the sun throughout the year.

## **Sun Safety for CRC Activities**

The health of participants in rowing activities is of a primary concern to CRC.

It is far better to prevent skin cancer by regularly practising simple protective measures. Skin cancer is preventable, and like any other medical condition is best dealt with by simple protective measures.

It is also acknowledged that cataracts and other eye diseases are related to ultraviolet radiation (UVR) and that correct sunglasses will prevent or reduce these eye problems.

CRC strongly recommends sun protection during all CRC activities. It is the responsibility of all CRC members to use all protective equipment available (hats, uniforms, sunscreen, shade structures, sunglasses etc), adopt sun safe practices (re-applying sunscreen,

minimising time outdoors during peak UV times etc). As well as their own personal protection, CRC members should also act by example as a good role model for younger members and the community in general.

The following standards outlined in this Policy are acknowledged as minimum standards for the CRC volunteers and CRC members.

### **Definitions of Sun Sense Protection**

#### ***Shelter***

I. Materials used to provide shade should cast a dark shadow (i.e. block out UVR to a minimum of 50%)

II. Specific shaded areas in carnivals to provide shade for both competitors and officials

NOTE: It is possible to get sunburn under shelter due to reflection of UVR from water. Other precautions listed must still be used.

#### ***Protective clothing***

I. Hats - wide-brimmed (minimum brim width of 8cm.) with dark (non-reflecting) underside of the brim, or “legionnaire style” hats - those having side pieces protecting the ears and neck.

II. Long-sleeved shirts with high neck collars – made of UPF 50+ material (close-weave material that blocks UVR).

III. Shorts - loose and long-legged.

#### ***Sunscreen***

I. Use broad spectrum, water resistant SPF 30+ sunscreen

II. Apply at least 20 minutes before exposure so that cream can be “absorbed” into the skin, for effective protection.

III. Reapply every 2-3 hours or more often after swimming, or sweating heavily.

Note: With higher SPF sunscreens a small number of people may be sensitive to some types of sunscreens. If skin rashes occur, choose a brand designed for sensitive skin. (It is important for people who spend as much time outdoors as rowers to maintain the highest SPF).

#### ***Sunglasses***

To be 100% UV resistant conforming to Australian Standard 1067 (as labelled on the swing tag) and preferably having side protection from the sun’s rays, but which do NOT obscure peripheral vision.

### **Responsibilities**

#### ***Section 1 - All levels of CRC memberships***

Taking into consideration the harmful effects from the ineffective protection of open weave clothing, when choosing uniforms CRC and its members will conform to

guidelines for sun safe clothing with tightly woven material with a UVR protection factor (UPF) of 50 or 50+.

CRC and affiliates will strongly encourage the use of:

- I. Sufficient shelter for members using either natural, or artificial shelters,
- II. Hats, shirts and shorts to conform to the standards above,
- III. Broad spectrum water-resistant SPF 30+sunscreen and sunglasses for all activities.

At regattas, maximum use will be made of existing natural shade. Where natural shade is not adequate CRC will ensure suitable structures or provide portable shade structures for members wherever.

Regatta officials will promote officials' use of broad spectrum water-resistant SPF 30+ sunscreen (with zinc cream on specific areas, if necessary), at all times during CRC regattas.

Note: Given the nature of rowing regattas, which may run all day, CRC strongly promotes its officials, competitors and observers to maintain high standards of sun safe including protective clothing, sunscreen and shelter.

Whilst participating in CRC activities, members will be strongly encouraged to wear a wide brim hat or similar (see above) that protects the face, ears, neck, shoulders and crown of the head.

CRC will promote sun safety in a positive way, through a variety of public relation tools, including written literature and education programs.

CRC will strongly encourage coaches, officials and members in prominent positions to act as strong role models, to promote and use all sun protection available.

CRC will revise sun protection measures on a yearly basis.

Competitors are encouraged to wear sun protective clothing at all times when not competing.

## **Section 2 – Club Officials, Parents and Supporters - (Activities)**

Club officials, parents and supporters must apply the above standards wherever possible.

These Sun Sense Rules Are Strongly Recommended (where applicable): -

- I. Literature on prevention of skin and eye damage should be given to all parents when their child/children are signed on each season (if applicable).
- II. Parents / guardians of children participating in rowing activities should be provided with the CRC sun safety policy and encouraged to comply with it.
- III. At all Junior Activities, officials are to promote the use of these protective measures by example.
- IV. Parents should be strongly encouraged to purchase sun safe hats and protective uniforms for their child's / children's use and provide SPF 30+ broad spectrum water-resistant sunscreen for their child / children during CRC activities.

V. Parents should promote sun protective behaviour to their child / children by personal example.

VI. Parents should provide Australian Standard (labelled as AS1067:2003) sunglasses that filter 100% of UV rays for their child/children.

VII. For more information, please contact Cancer Council Australia.

### **Important Safety Tips to Remember**

The six Ss'

I. SHADE – natural or man-made

II. SLIP! – on a T-shirt

III. SLOP! – on a Sunscreen

IV. SLAP! – on a Hat

V. SUNGLASSES – to Australian Standards

VI. SUNSHINE - awareness of times of the day especially around midday

### **Acknowledgement**

CRC acknowledges that this document has been prepared based on information provided by the RQI and sourced from the RQI web site.