**Sun Safe Policy Marlin Coast Swimming Club**

The following policy is in place to help Marlin Coast Swimming Club reduce UV exposure and skin cancer risk for their members during training.

**Rationale**

* Ultraviolet (UV) radiation is invisible but has the potential to cause significant harm to our members, especially children. It is important for our swimmers (irrespective of skin type) to use sun protection whenever UV levels are rated three or higher.
* Too much UV radiation 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 the age of 70.
* Whilst swimming training our members can be exposed to UV radiation.
* As a sporting club, we have a responsibility under health and safety legislation, to provide and maintain a safe training environment for our swimmers 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, coaches and swimmers are encouraged to access the daily local sun protection times via the free [SunSmart app](http://www.sunsmart.com.au/tools/interactive-tools/free-sunsmart-app), or at [sunsmart.com.au](http://www.sunsmart.com.au).
* The sun protection measures listed are used for all outdoor activities during the **daily local sun protection times.**
* A combination of sun protection measures are needed during the daily local sun protection times.

**Sun Protection Measures**

1. **Clothing**

* We allow swimmers in the club to wear sun-protective rash vests and swimmers made from UPF (UV Protection Factor) 50+ material
* When it is not possible to wear these items, participants are reminded to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen to all exposed skin and wear covering clothing when out of the pool.

1. **Sunscreen**

* SPF30 (or higher) broad-spectrum, water- resistant sunscreen is promoted and provided to all swimmers.
* Swimmers are encouraged to apply sunscreen 20 minutes before training and to reapply every two hours or immediately after swimming or toweling dry.
* Sunscreen is stored in our club shed 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).

1. **Hats**

* Wide-brimmed hats are included as part of the club uniform (even if they can't be worn during training and racing), and swimmers are expected to wear them during swimming carnivals when they are not racing.
* 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.

1. **Shade**

* All training occurs in lanes that are in the shade dependent on the time of day of training.
* An assessment of existing shade has been conducted at the pool and the training lanes moved accordingly to ensure swimmers are in the shade as much as possible.
* When not actively training swimmers are able to rest inside the club shed or in the shade of the grandstand.
* Where there is insufficient natural or built shade, temporary shade structures are provided in the form of club marquees.
* Shade from buildings, trees and other structures is used where possible (e.g. for marshalling and spectator areas).
* Marshalling, interchange and presentation ceremony areas are protected by shade.

1. **Sunglasses**

* Participants are advised to wear sunglasses that meet the Australian standard (ASNZS 1067:2016).

**Health Conditions**

We are aware that certain health conditions and medications mean some people are more sensitive to UV radiation and they may need to use sun protection at all times regardless of the UV levels. We will endeavour to adapt our policy according to our members, and their individual needs, as required. [Risk factors for skin cancer](https://www.sunsmart.com.au/skin-cancer/risk-factors-for-skin-cancer)*.*

**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 sun protection policy will be reviewed regularly.

This policy was last updated on 25th February 2022.

Next policy review: 25th February 2023.

#### **Relevant documents and links**

SunSmart: [sunsmart.com.au](http://www.sunsmart.com.au)

[SunSmart app](http://www.sunsmart.com.au/resources/sunsmart-app): [sunsmart.com.au/resources/sunsmart-app](https://www.sunsmart.com.au/resources/sunsmart-app)

* ARPANSA [Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation](http://www.arpansa.gov.au/pubs/rps/rps12.pdf) (2006)
* Safe Work Australia: [Guide on exposure to solar ultraviolet radiation (UVR)](https://www.safeworkaustralia.gov.au/system/files/documents/2001/guide-exposure-solar-ultraviolet-radiation_1.pdf) (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](https://www.tga.gov.au/book/4-labelling-and-advertising)