



PERTH CITY SWIMMING CLUB SUN PROTECTION POLICY

Broad Policy Statement:

Our Sun Protection policy has been developed to ensure that all Perth City Swimming Club members are protected from skin damage caused by harmful ultraviolet (UV) radiation from the sun where possible. This policy is to be implemented when the forecast average monthly UV Index in our area is 3 or above (available from www.bom.gov.au). The sun protection practices outlined in this policy will be applied to all club activities, including swim meets, training and camps.

Outdoor Activities

- Ensure sun protection measures are applied to members while outside when the UV Index is 3 or above.
- Timetable as many outdoor activities as possible when the UV Index is below 3. When this is not possible activities should be scheduled as far from 12 noon as possible.
- Ensure that adequate shade is provided at sporting carnivals and outdoor events.

Shade

- Ensure there is adequate provision of shade within the club grounds for members and visitors, by setting up portable shade marquees, or utilising available shade options. Particularly in areas where members congregate.
- Encourage members and visitors to use shaded or covered areas when outside.

Hats

- Encourage members to wear a wide brimmed, bucket or legionnaires style hat that protects the face, neck, ears and crown of the head whenever they are outside.
- Members without hats are encouraged to congregate in shaded areas.
- Encourage parents and guests to wear broad-brimmed, legionnaire or bucket style hats when participating in, and attending outdoor club activities.
- Encourage members and parent helpers to wear broad-brimmed or bucket hats, sun protective clothing and sunscreen for all camps and team trips.

Clothing

- The club uniform includes sun protective items that are designed to protect as much of the skin as possible. This includes shirts with collars and longer sleeves.



Sunscreen

- Sunscreen is available and accessible to members around the Club grounds.
- All members are encouraged to apply SPF30 or higher broad-spectrum water-resistant sunscreen 20 minutes before outdoors activities.
- Coaches and Club officers will encourage the reapplication of sunscreen every two hours or more frequently if it is washed or wiped off.
- Sunscreen will be stored in a cool place, out of the sun.
- The occupational safety and health representative will monitor the expiry date of sunscreen and discard when out of date, and ensure the sunscreen is re-stocked when necessary.

Role Modelling

- Members and visitors will act as positive role models and demonstrate SunSmart behaviour when attending the Club by:
 - wearing a SunSmart hat (wide brimmed, bucket or legionnaires style);
 - applying SPF30 or higher broad-spectrum water-resistant sunscreen;
 - encouraging all members to seek shade;
 - wearing SunSmart clothing; and optionally
 - wearing sunglasses that meet the Australian Standard 1067.

Club Trips

- Sun protection will be considered when Club trips are planned, specifically time of day and availability of shade.

Education

- Sun protection is part of the Club's education philosophy.

Information

- Sun protection information will be promoted to members, families and visitors.
- Sun protection is promoted via newsletters, messages and club activities.

Policy

- This sun protection policy will be made available to members.
- Parents are informed of this sun protection policy when they enrol their children as members.
- All new Club representatives are briefed on the sun protection policy.
- The policy is monitored and reviewed annually.

Due for review _____

January
2019

For more information please contact:

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