

# Sun Protection Policy

Policy Name: Sun Protection Policy

Policy Number: V3

Document Type: Policy

Effective Date: December 2013

Last Reviewed: June 2023

Next Review: June 2026

Applicable Legislation: Sports Medicine Australia

This policy will be reviewed every three years or earlier if required by the organisation. The review will ensure it reflects both the community expectations and all legal requirements.



## Overview

Volleyball Western Australia's Sun Protection Policy has been introduced to provide guidelines for event organisers to protect participants from harmful solar radiation. Volleyball WA (VWA) runs events and activities outdoors during the year and has a responsibility to ensure that staff and participants follow proper sun protection measures to reduce the risk of UV radiation.

## Background

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 are common when people are engaged in outdoor activities and exposed to the sun's UV radiation for long periods of time.

### 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 are needed during the daily local sun protection times.
- To assist with the implementation of this policy, coordinators, organisers and participants are encouraged to access the daily local sun protection times at [sunsmart.com.au](https://sunsmart.com.au), or on the free Sun Smart app.

## Policy Application

1. This policy applies to all VWA members and all other people or organisations which by agreement or otherwise, are bound to comply with this policy.
2. This policy applies to behaviour and practices occurring during the course of VWA business, activities, competitions and events

## Responsibilities

VWA'S role and contribution in making this policy work is to:

1. Prepare a policy statement as part of VWA risk management procedure
2. Take all reasonable steps necessary to ensure that everyone in the organisation knows:
  - the effects of ultraviolet radiation
  - sun protection times
  - sun protection measures

This will be achieved by

- including a copy of the Policy in Policy and Procedures Manual
- distributing the Policy to all Associations and Clubs
- ensuring all VWA and Club / Association personnel are educated with the policy
- including a copy of the policy on the VWA website
- notifying participants in all VWA activities and / or events that they will be required to comply with this policy

3. Promote external sun protection resources and posters to all members through VWA communication networks
4. Ensure that first aid equipment and trained personnel are available at state coaching, training and competition sessions
5. Provide a pre-game checklist to all VWA Tournament Directors and support staff involved in the game day care of players, which includes contact details for the local general practices, local hospital emergency departments and ambulance services.
6. Request all state team players to provide / update their medical history each year

The Clubs / Associations and VWA member's roles and contributions are to:

1. Comply with this policy and ensure information is made available
2. Ensure all significant personnel are familiar with the policy and required procedures at each level of the VWA Network.
3. Collaborate with VWA staff to implement best practice
4. Report any areas of concern to VWA within a timely manner

### **Policy Statement**

VWA will take all breaches of the policy seriously and will ensure they are dealt with promptly, sensitively and confidentially. Disciplinary action may be taken against a person who is found in breach of this policy, in accordance with the Complaints Management Procedure.

## VWA Event Organiser Procedure

### 1. Clothing

- Sun-protective clothing is recommended as part of the event staff uniform.
- It is recommended that tops are made from UPF (UV protection factor) 50+ material and have long sleeves and a collar.
- Tops are loose-fitting and lightweight.
- For volleyball participants, where the uniform does not provide adequate sun protection, participants are reminded to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen to all exposed skin.

### 2. Sunscreen

- SPF30 (or higher) broad-spectrum, water-resistant sunscreen is promoted and/or provided to participants and staff.
- Participants and staff are encouraged to apply sunscreen 20 minutes before going outside and to re-apply every two hours or immediately after sweating, swimming or toweling dry.
- Sunscreen is stored below 30°C and replaced once it has passed the use-by-date.
- Participants are encouraged to apply a generous amount of sunscreen (the equivalent of one teaspoon per limb).
- The first-aid kit includes a supply of SPF30<sup>1</sup> (or higher) broad-spectrum, water-resistant sunscreen.

### 3. Hydration

- To prevent dehydration, participants and staff are encouraged to drink approximately 500 mls (2 glasses) in the 2 hours prior to exercise.
- During exercise longer than 60 minutes, 2-3 cups (500-700ml) of cool water or sports drink.
- After exercise, participants and staff are encouraged to replenish their fluid deficit to ensure that they are fully rehydrated, but not over-hydrated.

### 4. Hats

- Staff are advised to wear Wide-brimmed or bucket style hats as part of their uniform.
- Caps and visors are not recommended for adequate sun protection to the face, ears and neck.

### 5. Shade

- An assessment of existing shade is conducted at outdoor venues prior to the event.
- When not active outside, participants are advised to rest in shaded areas.

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<sup>1</sup> [http://www.cancercouncil.com.au/wp-content/uploads/2013/04/Sporting-Org-Sun-Protection-Policy\\_WEB.pdf](http://www.cancercouncil.com.au/wp-content/uploads/2013/04/Sporting-Org-Sun-Protection-Policy_WEB.pdf)

- Where there is insufficient natural or built shade, temporary shade structures is provided or participants are notified to bring their own temporary shade (e.g. tents or umbrellas).
- Shade from buildings, trees and other structures will be used where possible
- The schedule will allow for participants in outdoor activities to rotate to cooler, shaded areas.

## **6. Sunglasses**

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

## **7. Education and information**

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