



# SUNSMART POLICY

## Yarra Junction Bowling Club

The following guidelines will assist Yarra Junction Bowling Club 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 when people are engaged in outdoor activities and exposed to the sun's UV radiation for long periods of time.

### Sun protection times

- The Bureau of Meteorology forecasts the time of day UV levels are due to reach 3 or higher. 11 is considered extreme

At these levels, sun protection is recommended for all skin types.

In Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April

- A combination of sun protection measures is needed during the daily local sun protection times.

### Outdoor events and activities modifications (including a cancellation policy)

Where possible, outdoor events and activities are scheduled to minimise overexposure to UV and heat.

Outdoor events or activities are cancelled when high risk conditions are forecast if possible

Where it is not possible to reschedule or cancel events and activities, the following steps are taken to minimise the risk of overexposure to UV and heat illness:

- Rollups or practice are limited
- The duration of the outdoor activity is reduced.
- Activities start earlier in the morning or later in the evening. Water is provided.
- Shade is provided
- Leaders and organisers act as role models by wearing sun-protective clothing and hats, applying sunscreen and seeking shade wherever possible.



## Sun protection measures (for during sun protection times)

### 1. Clothing

- Sun-protective clothing is included as part of the uniform.
- Tops are made from UPF (UV protection factor) 50+ material and have long sleeves and a collar.
- Tops are loose-fitting and lightweight.
- 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.
- Participants are encouraged to apply sunscreen 20 minutes before going outside and to reapply 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).

### 3. Hats

- Wide-brimmed or bucket style hats are included as part of the uniform.
- Caps and visors do not provide adequate sun protection to the face, ears and neck and are not recommended.

### 4. Shade

- An assessment of existing shade has been conducted at outdoor venues.
- When not active outside, 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 □ Presentation ceremony areas are protected by shade.
- The schedule allows for participants in outdoor activities to rotate to cooler, shaded areas.

### 5. Sunglasses

- Participants are advised to wear sunglasses that meet the Australian standard

### Education and information

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

### Review

This SunSmart policy will be reviewed biannually Signed.....

Next policy review: August 2021 Signed .....



## How YJBC will implement the policy

Rational	Action to be taken
Be aware of Sun protection times	Match committee of the day will access the UV data before play and advise participants if UV level is 3 or higher. Whiteboard or blackboard
Inform and educate	SunSmart poster displayed at club Inform members of SunSmart app Add SunSmart widget or BOM link to webpage and Facebook page
Outdoor events and activities.	Plan timing of games to avoid high UV levels where possible. Ensure water dispensers indoors and out are in working order. Promote and be tolerant of rest stops and rehydration
Clothing	The current uniform tops are sleeveless therefore encourage sunscreen use
Sunscreen	Supply Sunscreen SPF30 or higher in clubrooms toilets Being aware of expiry dates (2 or 3 years)
Hats	The YJBC will try to access appropriate hats for distribution to club members
Shade	YJBC will assess current shade facilities and will submit a hopefully successful application for shade grant
Sunglasses	Promote the use of sunglasses but recognize individual preference