



Sun Smart Policy

POLICY STATEMENT The following policy is in place to help Webbcon BOWLS CLUB minimize the risks to bowlers for overexposure to ultraviolet radiation (UV).

RATIONALE

The sun's UV 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 while playing or watching sport, when people are exposed to the sun's UV radiation for long periods of time.

Bowls clubs have a responsibility under health and safety legislation to provide and maintain a safe environment for staff, volunteers, players, officials and spectators.

SUN PROTECTION TIMES

- 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.
- In Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April.
- A combination of sun protection measures are recommended at all times.
- Club officials, coaches and participants are encouraged to access the daily local sun protection times at sunsmart.com.au, on the free SunSmart app or SunSmart widget.

SCHEDULES, FIXTURES AND RULE MODIFICATIONS

- Where possible, training, events and competitions should be scheduled to minimize exposure to UV and heat.
- Playing events and competitions at alternate times i.e. earlier starts, later finishes or alternate days.

Where it is not possible to avoid peak UV and heat periods, the controlling body should minimize the risk of overexposure by:

- The local controlling Body states if at anytime the temperature shown on the thermometer reaches 38 degrees C for Saturday Pennant or 36 Degrees C for Monday Pennant, play is suspended to allow time to monitor the temperature.

Play can recommence if the temperature drops below the level set for relevant pennant competition. If this does not occur after 30 minutes delay, the match is abandoned

- Trial ends/practice activities are limited in duration.
- The duration of the activity/competition is reduced.
- Activities/Competitions start earlier in the morning or later in the evening.
- Rest breaks and opportunities to seek shade and rehydrate are increased.
- Officials rotate out of the sun more frequently.
- Activity is held at an alternative venue (e.g. Undercover Venue).





- Officials, coaches, team managers and players act as role models by wearing sun protective clothing and hats, applying sunscreen and seeking shade wherever possible.

SUN PROTECTION MEASURES

1. Clothing

- Sun-protective clothing is included as part of on and off-field uniform and uniform for officials and volunteers.
- Shirts/Vests/Jackets are made from UPF (UV protection factor) 50+ material and have long sleeves and a collar.
- Shirts/Vests/Jackets are loose-fitting and lightweight.
- Where the competition uniform does not provide adequate sun protection, participants are reminded to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen to all exposed skin and wear covering clothing whilst not on the green.

2. Sunscreen

- SPF30 (or higher) broad-spectrum, water-resistant sunscreen is promoted.
- Participants are encouraged to apply sunscreen 20 minutes before training or playing and to reapply every two hours or immediately after sweating or toweling dry.
- Sunscreen is stored below 30°C and replaced once it is past 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 hats are included as part of the on and off-field uniform
- 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 for on-field play or training.

4. Shade

- When not actively playing or between individual events, participants are able to rest in shaded areas.
- Where there is insufficient natural or built shade, participants should bring their own temporary shade (e.g. umbrellas).
- Shade from buildings, trees and other structures is used where possible (e.g. for club rooms, spectator areas).
- Participants and officials should rotate to cooler, shaded areas when they are not actively playing or participating.





5. Sunglasses

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

RELEVANT DOCUMENTS AND LINKS

- SunSmart: sunsmart.com.au
- SunSmart app: sunsmart.com.au/app
- Heat and UV Guide:

sunsmart.com.au/downloads/communities/sports-clubs/uv-exposure-heat-illness-guide.pdf

- Shade audit: sunsmart.com.au/shade-audit/
- Australian Government Therapeutics Goods Administration (TGA) – Australian regulatory guidelines for sunscreens:

4. Labelling and advertising – directions for use of the product

For more information contact SunSmart:

W: sunsmart.com.au

P: (03) 9514 6419

E: sunsmart@cancervic.org.au

DISCLAIMER

The information contained in this guide is general in nature and does not constitute medical advice from your doctor or health professional. While all reasonable attempts have been made to ensure the accuracy of the information contained in this guide, Webbcon BOWLS CLUB and associated parties cannot accept responsibility for loss, injury, claim or damage resulting from the use or application of information within this guide.



This information is based on current available evidence at time of review.

REVIEW HISTORY AND VERSION CONTROL This policy will be reviewed every two years.

Version Prepared and Approved: 2020

Next Review Date: 2022

