



# Ingle Farm Little Athletics Centre SunSmart Policy



## Rationale

A balance of ultraviolet radiation (UV) exposure is important for health. Too much UV can cause sunburn, skin damage, eye damage and skin cancer. 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. People are often exposed to high levels of UV while playing or watching sport, which is dangerous without appropriate sun protection.

## Sun Protection Times

A combination of sun protection measures are needed during the daily local sun protection times (when UV levels reach or exceed 3), typically from September to April in Adelaide, which closely corresponds to the Summer Little Athletics Season. For the winter Cross Country Season, UV levels are generally below this level. As such this policy is intended primarily for use in the Summer Season.

## Schedules, fixtures, and rule modifications

Where possible, training and competitions are scheduled in the morning or evening to minimise exposure to UV and heat. In high risk circumstances, modification or cancellation, as appropriate, occurs under the Ingle Farm Little Athletics Centre How Weather Policy. In addition, the following further precautions will be taken in times of peak heat and UV:

- Warm-up activities will be reduced in intensity and duration.
- Additional encouragement to re-hydrate will be provided.
- Additional shades will be provided, and use of them, in addition to existing shades, will be encouraged.
- Twilight competitions may be delayed.
- Official's, Coaches, and Administrators are to act as role models by wearing sun-protective clothing and hats, applying sunscreen and seeking shade whenever possible.

## Sun Protection Measures

### 1. Clothing

- Officials, Coaches, and Other volunteers are expected to wear Sun-Smart clothing.
- All uniform shirts include a collar, and are made of lightweight material.
- Athletes are encouraged to purchase bucket hats from the IFLAC. Athletes who do not do so are required to supply their own hat.
- Caps and similar are advised against, as they are insufficiently protective.

## **2. Sunscreen**

- Participants are reminded to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen to exposed skin.
- Participants are encouraged to reapply sunscreen every two hours.
- Sunscreen is stored below 30°C, and replaced once it is past the use-by date.
- The Ingle Farm Little Athletics Centre will supply sunscreen for the use of its members and volunteers.

## **3. Sunglasses**

- Participants are encouraged to wear sunglasses that meet the Australian standard (AS/NZS 1067:2003) when not competing.
- Officials, Coaches, and other Volunteers are encouraged to wear sunglasses.

## **4. Shade**

- An assessment of existing shade has been conducted (using the SunSmart shade audit resource) at commonly used outdoor venues.
- When not actively playing or between individual events, participants are able to rest in shaded areas.
- During peak heat and UV levels, temporary shade structures are provided where there is insufficient natural or built shade.
- Shade from buildings, trees and other structures is used where possible (for waiting areas, spectator areas).
- When not competing, participants move to cooler, shaded areas.

## **Education and information**

This SunSmart policy will be distributed to all members upon their registration, and will be made available on the Centre website, and elsewhere. It will serve as the cornerstone of IFLAC's effort to raise heat and UV safety awareness.

For further education, please consult the following external sources:

- SunSmart website: [sunsmart.com.au](http://sunsmart.com.au)
- Sun protection times: [sunsmart.com.au/uv-sun-protection/uv/uv-widget](http://sunsmart.com.au/uv-sun-protection/uv/uv-widget)
- Heat and Ultraviolet exposure guide: [sunsmart.com.au/downloads/communities/sports-clubs/uv-exposure-heat-illness-guide.pdf](http://sunsmart.com.au/downloads/communities/sports-clubs/uv-exposure-heat-illness-guide.pdf)

## **Review**

This SunSmart policy will be reviewed at least bi-annually to ensure that it remains current and practical.

This Policy was last updated on the 5<sup>th</sup> of August, 2017.

## **Disclaimer**

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