



SUN PROTECTION GUIDELINES

Adopted or Amended	By Whom	Date
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SUN PROTECTION GUIDELINES

1. BACKGROUND

Swimming NSW has a duty of care to ensure the health, safety and welfare of participants, volunteers, and staff, at its swimming events. In doing so, risks that may affect participants must be identified, assessed and eliminated or, if this is not possible, controlled.

By implementing best practice Sun Protection Guidelines, SNSW can help protect adults and children from UV radiation and teach children good sun protection habits from an early age to reduce their risk.

These Guidelines aim to ensure all participants, officials and spectators are protected from the harmful effects of the sun throughout the year, and that we provide a sporting environment that supports sun safety and practices.

2. SCOPE

These guidelines will apply at all Swimming New South Wales events where participants, volunteers or staff are, or are likely to be, exposed to UV levels 3 or above. At these levels, sun protection is recommended for all skin types. This means even in winter sun protection is still important.

UV levels and daily sun protection times can be accessed via the Cancer Council Australia home page or the Bureau of Meteorology's weather app.

3. SHADE

- Hold training sessions and competitions and competitions at venues that provide adequate shade.
- Encourage participants, officials and spectators to use the shade available, and encourage people to bring their own umbrellas and shade tents.

4. HATS

- Ensure that officials and participants are provided with or encouraged to wear sun safe hats that protect the face, neck and ears.
- Baseball caps are not suitable as they do not cover the face, ears and back of the neck in an adequate fashion.

5. CLOTHING

- Ensure that officials and participants are provided with or encouraged to wear sun smart clothing that covers as much skin as possible, including shirts/tops with longer sleeves and a collar, and long shorts or pants.

- Incorporate clothing that is cool, loose fitting and made of densely woven fabric into the club uniform.
- Any fabric with an ultraviolet protection factor (UPF) rating above 15 provides good protection against UV radiation, but UPF50+ is recommended (AS/NZS 4399:1996).

6. SUNSCREEN

- SPF 30 (or higher), broad-spectrum and water-resistant sunscreen is available and participants, coaches, officials, and spectators are encouraged to use it appropriately.
- Sunscreen is applied at least 20 minutes before going outdoors, and is reapplied every 2 hours when outdoors, or after getting wet or perspiring.

7. SUNGLASSES

- Encourage officials, participants and spectators to wear close-fitting wrap-around sunglasses that cover as much of the eye area as possible and comply with Australian Standard AS1067 (Sunglasses: Category 2, 3 or 4)

8. INCREASE AWARENESS OF SUN SAFETY

- Sun protection information should be regularly promoted to officials, participants and spectators through briefing sessions, newsletters, notice boards, announcements at swimming events and when joining the club.

9. ROLE MODELLING

- All officials, coaches, trainers, adult members and parents associated with swimming should be encouraged to act as positive role models for younger members in all aspects of Sun Smart behaviour and including using a combination of sun protection measures.