

Life Saving Victoria - Member Sun Safety Guidelines

Rationale

Too much UV from the sun 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 they reach the age of 70.

People often experience sunburn and skin damage when playing or watching sport due to extended periods exposed to high levels of UV without appropriate sun protection.

Check the SunSmart UV Alert times to find out when sun protection is required. As a general rule, sun protection is needed from the beginning of September to the end of April in Victoria or whenever UV levels are 3 and above. Particular care should be taken during the middle of the day when UV levels are highest.

From May to August in Victoria, sun protection isn't usually needed unless near highly reflective surfaces such as snow, outside for extended periods or when the UV reaches 3 and above.

Lifesaving is synonymous with surf, sun and sand, resulting in members of all ages, including nippers, being exposed to the inherent and open environment of the beach. This is often at times when UV exposure is at its highest. The lifesaving season in Victoria generally coincides with the UV level increasing to 3 and above, resulting in maximum exposure.

Life Saving Victoria wants to ensure that all members who participate in aquatic and beach activities are both informed and protected against the harmful effects of the sun's ultraviolet (UV) radiation. The following guidelines have been developed to protect all members and participants in our programs. The Guidelines prioritise our junior members, as UV exposure and sunburn during the first 15 years of life can greatly increase the risk of developing skin cancer late in life. These guidelines have been developed in cooperation with SunSmart, Cancer Council Victoria, a leading authority in skin cancer prevention and early detection programs and resources.

Policy

- Ensure all members are aware of the National Sun Safety Policy (*Policy 2.1* <http://www.slsa.com.au/default.aspx?s=adminresources&id=44>)
- Club specific sun safety guidelines and policies can be created, but must not fall below the standard set in the National Sun Safety Policy
- Recommend that sun safety guidelines are inserted into the club/member handbooks
- Regularly review the National Sun Safety Policy and Sun Safety Guidelines to ensure that it remains current and recommendations are being followed

UV Alert

- Access the daily sun protection times from lifesavingvictoria.com.au or add the Sun Smart App to Patrol Captains, Age Managers and Parents phones and the Sun Smart UV widget to the club website so everyone can check when they do and don't need sun protection each day .
- Parents should check the UV Alert for daily sun protection times prior to weekend nipper activities and prior to training and respond accordingly with appropriate UV protection
- When UV levels reach 3 and above (the level that can damage skin and eyes), wherever possible, use a combination of the 5 sun protection measures listed below.

Scheduling Activities

- Where possible timetable activities and training outside peak UV times of 11am–3pm daylight saving time (10am–2pm non-daylight savings)

Role Modelling

- Ensure parents and age managers practice sun safe behaviours by following the guidelines that have been outlined throughout this document
- Use senior sportspeople, coaches and officials as role models for sun protective behaviours
- Offer awards/certificates to teams, age groups or individuals that are sun safe

Shade

- Where available, use existing shade – club house, trees, permanent shade structures, UV can reflect from surfaces, such as sand and concrete so it is important that you continue to wear a hat, covering clothing and sunscreen
- On the beach, create a surf education tent for nippers award education
- Reminder – the only advertising on the beach can be through tents. This is a great sponsorship or grant opportunity for your club here!
- Where possible, provide shade for all – participants, age managers, members spectators etc.
- Carnival shade – ensure there is enough for all members

Clothing

Consider sun safety at the start of the season when planning the club uniform. Incorporate as much sun-safe clothing as possible including the following:

- A club polo shirt with elbow length sleeves and collar for parents, age manager, supporters etc.
- Long sleeved shirts to wear during events, and marshalling around the club
- Shorts that are loose and long-legged or lycra style shorts for active participants
- Long sleeved club rash vest (in addition to water safety singlet)
- Fabrics –ultraviolet protection factor (UPF) rating above 15 provides good protection against UV radiation, but UPF50+ is recommended (AS/NZS 4399:1996)

Drinking Water

Drinking water is important when outside in the sun on the beach. When you are running around and sweating you lose water that your body needs. Be sure to –

- Encourage kids to bring a water bottle with them (include in the nipper pack if possible at the start of the season)
- Promote drinking water around the club with posters and information on its important
- Drink enough water before the start of the session
- Have regular drink breaks throughout the program to rehydrate
- Don't wait until you are thirsty – drinking before you feel thirsty helps keep the water level in your body from dropping too low (dehydration)

Hats

Consider sun safety at the start of the season when planning the club hat and, where possible, include the following:

- Legionnaire, broad-brimmed or bucket-style hat that provides good protection from the sun
- Baseball caps do not provide adequate sun protection for the ears and neck and should be avoided
- Hats could be given to junior members in a start of season pack
- Put your logo on all club merchandise and make sure members are proud and wear their hat not only at the club but within the community as well

Sunscreen

- Use broad spectrum, water resistant sunscreen that is at least SPF 30+
- Apply at least 20 minutes before exposure to the sun or going swimming
- Reapply every 2 hours or more often after swimming, or sweating heavily
- Make sunscreen readily available – first aid room, age manager bum bags etc.
- Always check the expiry date and store it in a cool place (below 30 degrees).
- Use sunscreen along with other UV protection measures such as shade, sunglasses, clothes
- Never rely entirely upon sunscreen as a UV protection measure

Sunglasses

- Encourage participants, coaches and officials to wear UV-protective, wrap-around sunglasses that comply with Australian Standard AS 1067:2003 (Sunglasses: Category 2, 3 or 4) preferably marked

EPF (eye protection factor) 10. Choose sunglasses that are a close fitting, wrap around style that cover as much of the eye area as possible.

Education

- Sun safety information is promoted around the club – posters and brochures, UV alert signs
- Sun protection information is regularly promoted in club newsletters
- Regular sun protection communication to parents and families
- Include sun protection information with enrolment forms/parent brochures
- about skin cancer prevention and early detection at start of season to the surf education program.
- Training or induction for staff or volunteers includes education about UV and up to date information regarding skin cancer risks

Nipper Days

- Have a pre-nippers sun safe check – got your hat, got sunscreen on, check UV level together
- Hat and shirt on for education activities
- Long sleeved club rash vest in the water / on the beach
- Reapply sunscreen after being in the water and if on the beach for more than 2 hours
- Ensure effective shade tents are erected and where available any existing shade utilised

Carnival / Point Score Days

- Wear a long sleeved shirt and hat at all times during marshalling for events
- Ensure that provision will be made to place shirts in club containers located in marshalling areas prior to events and provide back to members as soon as possible after the event
- Wear designated shorts at all times except during swimming events or events with swim legs
- A rash vest is recommended during all water events
- Strongly recommend the use of sunglasses at all times outside of competition
- Each water and beach arena marshalling area MUST provide adequate shade cover for competitors during the marshalling of events

Events

- Sun protection is incorporated into the planning of all activities and events. Please refer to the SunSmart events checklist - <http://www.sunsmart.com.au/downloads/communities/festivals-events/festivals-events-guidelines.pdf>
- Provide artificial shade as designated rest areas for participants and officials
- Broadcast sun protection reminders over the PA system during the event

Never rely on just one sun protection measure – the best possible protection is when you use them all. Children are most likely to embrace these messages when these practises are been followed by older members or members in which they look up to.

Practice Sunsmart behaviours

SLIP – on some cool, loose fitting sun protective clothing that covers as much skin as possible.

SLOP – on SPF30 or higher sunscreen, make sure it is broad spectrum and water-resistant.

SLAP – on a hat, that protects your face, neck, head and ears.

SEEK – shade.

SLIDE – on some sunglasses labelled AS 1067.

Visit sunsmart.com.au to access relevant resources such as daily sun protection times, UV Alert app, signs, event planning guide or call 13 11 20 for further information.

