

Sun Protection Policy



Introduction

The health of participants is of primary concern to Little Athletics NSW. It is acknowledged that skin cancer is a major public health problem in Australia, with two out of every three people requiring treatment for some form of skin cancer in their lifetime. It is recognised that skin cancer is preventable and like any other medical condition, it is best dealt with by the application of preventative measures. While Little Athletics NSW will endeavour to assist in sun protection when at training and competitions, it is accepted that ultimately, the responsibility is that of each individual and/or – in the case of children – their parents or guardians.

All Little Athletics NSW centres are requested to actively seek to promote, encourage and support sun protection at both training and competition. Little Athletics NSW recommends that all centres across the state adopt protective practices in relation to exposure of members to UV light, as outlined below.

Activities

- Where practical, centres should endeavour to schedule activities outside the hours of peak UV readings. Where this is not practical members are advised of the need for extra sun safety precautions during those hours (between approximately 10.00am and 2.00pm).

Venue

- Make maximum use of existing shade at facilities.
- When shade is not adequate, seek to work with relevant authorities and other community groups to provide more shade at facilities and/or provide temporary shade (eg marquees).

Attire and Protection

- Encourage the wearing of suitable protective clothing, when not participating in a trial or an event. e.g. shirt with collar and sleeves, hat, sunglasses etc.
- Provide SPF 30+ broad spectrum water resistant sunscreen for members (athletes and officials) and make it available for sale and/or use to spectators.
- Encourage parents, officials and athletes to apply sunscreen to all exposed areas every two hours.

Awareness

- Promote sun safety in a positive way, through newsletters, written literature and over the public address system at venues.
- Ensure that coaches, officials and members in prominent positions will act as strong role models in respect of sun safety practices.
- Make parents/guardians aware of the Little Athletics NSW Sun Protection Policy.