



MANDURAH SWIMMING CLUB

MSC POLICY 13

SUN PROTECTION POLICY

DATE: 18 August 2022

DATE	NAME	CHANGE	APPROVE	REVISION
18/08/2022	Cadell Buss	Issued for Use	Committee	0



This policy is in place to help Mandurah Swimming Club minimize of overexposure to UV

Rationale

The sun's ultraviolet (UV) radiation 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 when people are engaged in outdoor activities and exposed to the sun's UV radiation for long periods of time.

Sun protection measures (for during sun protection times)

1. Sunscreen

- SPF50 (or higher) broad-spectrum, water-resistant sunscreen is promoted and/or provided to participants.
- Participants are encouraged to apply sunscreen 20 minutes before going outside and to re-apply every two hours or immediately after sweating, swimming or towelling dry.
- The club will make suitable sunscreen available at all times.
- Sunscreen is stored below 30°C and replaced once it has passed the use-by-date.
- Participants are encouraged to apply a generous amount of sunscreen (the equivalent of one teaspoon per limb).
- The first-aid kit includes a supply of SPF30 (or higher) broad-spectrum, water-resistant sunscreen.

2. Clothing

- Sun-protective clothing is included as part of the uniform.
- Tops are made from UPF (UV protection factor) 50+ material and have sleeves and a collar.
- Tops are loose-fitting and lightweight.
- Where the uniform does not provide adequate sun protection, participants are reminded to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen to all exposed skin.

3. Shade

- An assessment of existing shade has been conducted at outdoor venues.
- When not active outside, participants are able to rest in shaded areas.
- Where there is insufficient natural or built shade, temporary shade structures are provided, or participants are notified to bring their own temporary shade (e.g. tents or umbrellas).
- When at inter Club meets, where it is known that sun protection is not available, the Club will take sunshades for Club swimmers' and members' to use.
- Shade from buildings, trees and other structures is used where possible
- Presentation ceremony areas are protected by shade.
- The schedule allows for participants in outdoor activities to rotate to cooler, shaded areas.



For more information contact SunSmart:

Website: sunsmart.com.au

Phone: (03) 9514 6419

Email: sunsmart@cancervic.org.au

Relevant documents and links

- SunSmart: sunsmart.com.au
- SunSmart – event and festivals: <http://www.sunsmart.com.au/communities/festivals-and-events>
- SunSmart widget: <http://www.sunsmart.com.au/uv-sun-protection/uv/uv-widget>
- SunSmart app: sunsmart.com.au/app

Heat and UV Guide

- <https://www.sunsmart.com.au/advice-for/sports-groups>
- 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](#)