

SUNSMART POLICY

Purpose

The Gisborne and District Bowling Club has a duty of care to provide a safe environment for everyone involved in our activities. Providing a safe environment includes protecting people from the harmful effects of UV radiation. The actions explained in this policy can help to reduce the harmful effects of exposure to UV radiation of participants and spectators.

Background

Unprotected exposure to the sun's ultra violet (UV) radiation can have an immediate negative impact on performance and hydration, and can cause painful sunburn. Exposure to UV radiation also increases the risk of skin damage and skin cancer. Around 1800 Australians die every year from skin cancer yet it is largely a preventable disease.

Scheduling Outdoor Activities

Where possible we will:

- schedule outdoor events and/or training when the temperature is not extreme
- consider all sun protection measures when planning outdoor events and/or training.

Should the temperature reach 38C at any Central Highlands Bowling Division Inc./Bowls Victoria sanctioned event (36C for Midweek Pennant), play shall be cancelled for the day. Reference should be made to the Central Highlands Bowling Division Inc. Handbook in relation to the related processes for extreme heat.

Hydration

Where possible we will encourage participants and spectators to keep well hydrated during outdoor events and/or training.

Shade

Where possible we will:

- provide shade structures
- encourage participants and spectators to use the shade available.

Hats

Where possible participants will be able to purchase or will be encouraged to wear sun-safe hats that protect the face, neck and ears. Recommended sun-safe hats include legionnaire, board-brimmed and bucket hats.

Clothing

Where possible participants will be able to purchase or will be encouraged to wear sun-safe clothing that covers as much skin as possible, including shirts/tops with a longer sleeves and a collar, and long shorts or trousers.

Sunscreen

Where possible:

- SPF 30+ broad-spectrum, water-resistant sunscreen is available for participants and spectators. Sunscreen should be applied at least 20 minutes before going outdoors
- participants and spectators will be encouraged to reapply sunscreen every 2 hours when outdoors.

| | | |
|---|-------------------------------------|---------------------------------------|
| Policy Name: Sunsmart | | Page 1/2 |
| First Adopted by the Board: 11 November 2019 | Last Review: 21 October 2022 | Next Review Date: October 2024 |

SUNSMART POLICY

Sunglasses

Where possible participants and spectators will be encouraged 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).

Increase Awareness on Sun Safety

Sun protection information is regularly promoted to participants and spectators.

Role Modelling

Board members and members of the various committees are encouraged to role model good sun protection behaviours when outdoors.

Reviewing this Policy

This policy will be reviewed every two years and we undertake to seek points of view, comments and suggestions from members when this review takes place.

| | | |
|---|-------------------------------------|---------------------------------------|
| Policy Name: Sunsmart | | Page 2/2 |
| First Adopted by the Board: 11 November 2019 | Last Review: 21 October 2022 | Next Review Date: October 2024 |