



Smoke Free Policy

Rationale

Triathlon ACT (TACT) as the peak body for the sport of triathlon in the ACT recognises that exposure of non-smokers to environmental tobacco smoke (passive smoking) is hazardous to health and that non-smokers should be protected. Passive smoking can lead to serious illnesses in adults such as bronchitis, lung cancer, and cardiovascular disease. Children can also develop chest illnesses and asthma from exposure to tobacco smoke.

Accordingly, the following policy has been developed by TACT to protect the health of all concerned.

Who is Affected by the Policy

This policy applies to all members, administrators, officials, coaches, players, visitors and volunteers of TACT.

Timing

This policy is effective from 22 November 2004.

Facilities

- TACT will promote smoke free environments in all areas/activities under its control.
- No tobacco products will be sold at any TACT venues under TACT's control.

Functions and events

- All TACT functions, events and meetings will be smoke free.
- TACT will, where possible, communicate the smoke free message at its races and events.

TACT Staff, Marshals and Technical Official

- TACT staff and volunteers will not smoke while participating or involved in any TACT event, function or program.



Sun Smart Policy

The health of members, volunteers and spectators is of primary concern for Triathlon ACT (TACT). Australia has the highest rate of skin cancer in the world, with two out of three people experiencing some form of skin cancer during their lifetime. It is acknowledged that skin cancer is a preventable disease and that a preventative strategy including the following actions will be implemented by TACT.

Schedules	Where possible, outdoor events and training times will be scheduled outside the hours of 11 am and 3 pm (daylight savings time).
Shade	TACT will maximise the use of natural shade provided from buildings, trees, and other structures. Where natural shade does not exist, TACT will endeavour to provide portable shade structures for use by officials, spectators and players. Individuals will also be encouraged to bring their own shade structures to TACT events.
Clothing	<p>TACT will promote participants and officials to use sun protective clothing where this is practicable. This will include:</p> <ul style="list-style-type: none">• In the case of volunteers, marshals and technical officials providing T-shirts and other sun protective clothing;• Wide brimmed or legionnaires hats whenever practical;• Sunglasses to protect the eyes.
Sunscreens	SPF 15+ or higher sunscreens will be promoted or provided by TACT. Prior to training or playing in peak UV periods, participants, volunteers, marshals and officials will be encouraged to apply sunscreen to exposed body parts.
Education	Public announcements during TACT events will be used to maintain awareness of the issue and to prompt sun protective behaviour. Club officials/staff will act as suitable SunSmart role models.

The sun protective policy will be reviewed annually to ensure that the document remains current and practical to TACT's requirements.