



TRIATHLON

NEW SOUTH WALES



SUN PROTECTION POLICY

May 2014



TRIATHLON NSW SUN PROTECTION POLICY



Australia is the skin cancer capital of the world with over 80% of all new cases of cancer diagnosed in Australia each year relating to skin cancer.

Luckily skin cancer is almost entirely preventable and it is crucial that as a state sporting organisation we implement a policy to raise awareness and improve sun protection habits amongst the members of our triathlon and multisport community.

By encouraging clubs and event organisers to implement the proceeding sun protection policy we aim to ensure that clubs are fulfilling their duty of care and assisting members to reduce their risk of skin cancer.

AIMS

This policy aims to provide guidance on sun smart practices to all participants, volunteers, officials and spectators. Through this policy we aim to develop a triathlon and multisport culture that supports sun safety awareness and best practices throughout the year.

OUR COMMITMENT

Triathlon NSW 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. Participants, volunteers, officials and spectators will be encouraged to access the SunSmart UV Alert at www.cancercouncil.com.au/sunsmart to view local UV levels.

Wherever possible, we will use a combination of sun protection measures for all outdoor activities from September until May and whenever UV levels reach 3 and above (the level that can damage skin and eyes) including the following:

1. Scheduling outdoor activities

Where possible conduct any triathlon and/or multisport events outside of peak UV times 10am-2pm (11am-3pm daylight saving time).

Some alternate options may be late afternoon/evening training and/or races. If the event does fall into high UV times consider all sun protection measures.

2. Shade

Where possible, hold training sessions and/or races at venues that provide adequate shade for participants, officials, volunteers and spectators.

Encourage any clubs/organisations attending the event to bring their own tent to erect in an allocated area of the event site.

If adequate shade is not available communicate this to event attendees and suggest they bring an umbrella/own shade.

3. Hats

Please encourage all event attendees to wear recommended sun-safe hats. These include legionnaire, broad-brimmed and bucket hats. Whilst caps and visors may be fashionable they do not provide adequate cover for the face, neck and ears.

If possible, include into event budget that all volunteers and officials are provided with sun safe hats. If budget does not allow for volunteer and official hats, ensure it is clearly communicated to participants, volunteers and officials to bring their own hats to the event.

4. Clothing

When designing club uniforms incorporate clothing that is cool, loose fitting and made of densely woven fabric. Any fabric with UPF (Ultraviolet Protection Factor) rating above 15 provides adequate protection against UV radiation, but UPF50+ is recommended.

Sun safe clothing includes shirts/top with a collar and longer sleeves, and long shorts or pants.

If possible, include into your event budget that all volunteers and officials are provided with sun-safe clothing. If budget does not allow for this expense, ensure it is clearly communicated to volunteers and officials to wear sun-safe clothing that covers as much skin as possible to the event.

Ensure swim suits and rash vest with a UPF50+ are incorporated into the club uniforms, particularly for junior members. Also include a race suit option with sleeves to protect shoulders from prolonged sun exposure.



5. Sunscreen

Sunscreen that is at least SPF 30+, broad-spectrum and water-resistant should be easily accessible at the event. Participants, coaches, officials and spectators are encouraged to use it appropriately.

Ensure that sunscreen is applied at least 20 minutes before going outdoors, and is reapplied every 2 hours when outdoors, or after getting wet or perspiring.

Suggestions:

» Have a designated 'sunscreen station' with large sunscreen containers available for use. Alternatively have individual sachets available to participants, volunteer and officials.

» At longer distance races have sunscreen available at transition in bike and/or run exits or at water stations.

6. Sunglasses

Encourage officials and participants to wear close-fitting, wrap-around sunglasses that cover as much of the eye area as possible and comply with Australian Standard AS/NZS 1067:2003 (Sunglasses: Category 2, 3 or 4).

7. Increase awareness of sun safety

Inform individuals about the Triathlon NSW Sun Protection Policy when they apply for membership.

Include sun safety information to participants, officials, volunteers and spectators through pre-race communication.

Regularly promote sun protection information to officials, participants and spectators through race briefings /training sessions/online communications/notice boards/ enrolment and commentator announcements at events.

8. Role modelling

Encourage all officials, coaches and adult members of the club to act as positive role models for younger members in all aspects of sun safe behaviour. They should be seen to wear sun safety hats and shirts at all times, regularly reapply sunscreen and actively promote the importance of sun safety.

Additional Ideas:

Add the SunSmart UV Alert to club and event websites to show the sun protection times required for your local area.

CLICK HERE>> for more details

9. Review

Regularly monitor and review the effectiveness of the Sun Protection Policy to ensure it remains relevant and current.

Authorisation



Phillip Dally, General Manager
Triathlon NSW

Date 14th May 2014

Triathlon New South Wales Limited