

# SUN PROTECTION POLICY AND PROCEDURE



## Policy

### Policy Objective

TNSW is committed to minimising the workplace risk of sun exposure to its workers and other.

### Rationale

Australia has the highest rate of skin cancer in the world. It affects two in every three Australians before the age of 70. Of all new cancers diagnosed in Australia each year, 80% are skin cancers.

Workers who spend all or part of the day outdoors have a higher than average risk of skin cancer. This is because ultraviolet (UV) radiation from the sun is a known carcinogen. Damage is permanent and irreversible, and increases with each exposure.

TNSW has an obligation under the WHS Act (2011) to ensure that the health and safety of workers is not put at risk from the work being carried out.

### Aims

This policy aims to provide appropriate sun protection control measures to ensure a safe working environment.

Some of the information provided has been sourced from the NSW Cancer Council. For further information, click here: <http://www.cancercouncil.com.au/cancer-prevention/sun-protection/sports-groups-sun-protection/>

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**Chief Executive Officer**

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## Procedure

### Purpose

This procedure provides sun-smart information and procedures for minimising sun exposure of coaches and athletes under their care, and also for technical officials on the Field of Play.

### Suggested Control Measures

#### 1. Event Organiser Control Measures

- Where possible, conduct the event outside of peak UV times
- Provide adequate shade for competitors at the conclusion of the event
- Provide adequate Penalty Box shade for TNSW technical officials
- Have a designated “sunscreen station” at events, for use by participants, volunteers and officials

#### 2. Participant Control Measures

- Hold training sessions outside of peak UV times
- Wear broad brimmed or legionnaire style hats
- Apply sunscreen prior to going outdoors, and top up regularly
- Wear high protection clothing

#### 3. Coaches Control Measures

- Plan activities for outside of peak UV times
- Ensure that there is adequate shade before and after training sessions
- Educate athletes on the importance of sun protection

#### 4. Technical Delegate Control Measures

- At each event, educate technical officials on the importance of sun protection
- Highlight deficiencies in sun protection in the post event report
- Allow the use of sun protection nylon fabric clothing during non-wetsuit swims

#### 5. TNSW Control Measures

- Ensure that sun protection sleeves are made available to all technical officials upon request
- Circulate this policy to stakeholders at least every 12 months

#### 6. Affiliated Clubs Control Measures

- When designing club uniforms incorporate clothing that is cool, loose fitting and made of densely woven fabric
- Only purchase swim suits and rash vests that are UPF50+
- Sun-safe clothing includes shirts/top with a collar and longer sleeves