



Ballarat Little Athletics

Sun Smart Policy

Effective: 30 October 2020

Version: 1.0

Table of Contents

Policy Administration	3
Document Control	3
Definitions	4
Purpose	4
Publication	4
Introduction	5
Sun Protection Times	5
Sun Protection Measures	5
Clothing	5
Sunscreen	5
Hats	6
Shade	6
Sunglasses	6
Education & Information	6
Responsibilities	6

Policy Administration

Policy Owner	Ballarat Little Athletics Committee
Date of Last Review	11 October 2020
Next Scheduled Review	September 2022
Related Policies	Nil
Supporting Procedures or Guidelines	<ul style="list-style-type: none">- BLAC Handbook- LAVic Website - SunSmart- SunSmart - Advice for Sports Groups- SunSmart - Sun Protection Policies

Document Control

Version Number	Changes and Updates	Approved by:
0.1	Draft policy	
1.0	Implementation of Policy	J. Collins - Secretary

Definitions

LAVic	Little Athletics Victoria
BLAC	Ballarat Little Athletics Centre

Purpose

This policy is designed to provide guidelines to:

- ensure all athletes, officials & spectators are protected from over-exposure to UV radiation.
- ensure the outdoor environment at BLAC venues provide shade for athletes, officials, and spectators.
- encourage and support children to develop independent sun protection skills.
- support BLAC's strategies to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure for athletes, officials & spectators.

Authority

The Sun Smart Policy was approved by the BLAC Committee 11 October 2020.

Effective Date

The Sun Smart Policy is to take effect from 12 October 2020.

Amendments

Any amendments to this policy are to be recorded in the Document Control Sheet stating the date of adaptation and the effective date upon which any amendment is to take effect.

Alignment with Little Athletics Victoria

This Sun Smart Policy has been adopted from and aligns to the Little Athletics Association of Victoria ("LAVic") Sun Smart Policy.

The LAVic Sun Smart Policy can be accessed [here](#).

Publication

The BLAC Sun Smart Policy in its entirety will be made available via the BLAC website.

All amendments to this policy are to be reflected on the BLAC website in a timely manner.

Introduction

The BLAC Committee has a duty of care to regularly monitor environmental conditions and to take action to minimise the risk of illness or injury to athletes and attendees. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life. Australia has one of the highest rates on skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70. Sunburn and other UV damage is common while playing or watching sport when people are exposed to the sun's UV radiation for long periods of time.

This policy applies to BLAC competition and training events.

This policy does not apply to Little Athletics Association of Victoria ("LAVic") events e.g., Region/State Relay Championships, Region/State Track & Field Championships etc.

Sun Protection Times

The sun protection times from the Bureau of Meteorology forecast the time of the day UV levels are due to reach 3 or higher. At these levels sun protection is recommended for all skin types. In Victoria, UV regularly reach 3 or higher from mid-August to the end of April

A combination of sun protection measures are needed during the daily sun protection times.

To assist with the implementation of this policy, club officials, coaches, parents and athletes are encouraged to access the daily local sun protection times at sunsmart.com.au, on the free SunSmart app or via the SunSmart widget (on the club website).

Sun Protection Measures

Clothing

- Athletes are encouraged to wear covering clothing with long sleeves and collars when not competing
- Officials, parents and spectators are encouraged to wear sun-protective clothing

Sunscreen

- SPF30 (or higher) broad-spectrum, water-resistant sunscreen will be promoted and available to all athletes, officials, parents, and spectators.
- Athletes are encouraged to apply sunscreen 20 minutes before training or competing and to reapply every two hours.
- Sunscreen is stored below 30oC and replaced once it is past the use-by date
- Athletes 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.

Hats

- BLAC enforces a “no hat, no play” rule.
- Wide-brimmed or bucket hats are included as part of the on and off-field uniform.
- Athletes may remove hats when competing but will be reminded to wear their hats whilst waiting for their turn and between events.

Shade

- An assessment of existing shade has been conducted at commonly used outdoor venues.
- When not actively training or competing or between individual events, athletes are to rest in shaded areas.
- Where there is insufficient natural or built shade, temporary shade structures are provided.
- Shade from buildings, trees and other structures is used where possible (e.g. athlete waiting areas, marshalling areas, spectator areas).
- Officials will be rotated to cooler, shaded areas.

Sunglasses

- Athletes, officials, parents, and spectators are advised to wear sunglasses that meet the Australian standard (AS/NZS 1067:2016).

Education & Information

The times when sun protection is required (as determined by SunSmart’s daily local sun protection times) will be communicated to participants, team managers, officials and spectators.

Responsibilities

The BLAC Committee endeavours to act reasonably at all times and in good faith for the overall health and safety of athletes, officials, spectators, volunteers or other participants.

BLAC Committee

- Ensure this policy reflects current recommendations for reducing and managing risks associated with UV exposure.
- Exercise the authority to cancel, suspend or modify BLAC events if conditions pose an unacceptable risk to the health and safety of athletes, officials, spectators, volunteers, or other participants.
- Ensure sufficient sunscreen, water and shade is provided.
- Make regular announcements reminding everyone at the event to keep drinking water, apply sunscreen and remain in the shade wherever possible.

Team Managers / Officials

- Familiarise themselves with this policy and be aware of sun protection times and how they may affect athletes, officials, spectators, volunteers, or other participants.

- Act as role models by wearing sun-protective clothing and hats, applying sunscreen and seeking shade wherever possible.
- Remind athletes at regular intervals to apply hats and sunscreen.
- Move groups of athletes to shaded areas as per this policy.

Athletes / Other Participants

- Alert officials, team managers or BLAC Committee members of any safety concerns.
- Follow the directions of officials, team managers or BLAC Committee members.
- Wear sun safe attire whilst exposed to the sun.