

Sun Protection Policy

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POLICY

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INTRODUCTION

This Policy is designed to ensure employees of Swimming WA understand how they are to practically implement this Policy in the course of their duties. The Swimming WA Sun Protection Policy is designed as a guide to best protect all staff, swimmers, officials and volunteers during all SWA Events.

The Swimming WA Strategic Plan outlines the Associations core values, which include:- **Communication – Trust – Safety – Teamwork**

These core values underpin the SWA Sun Protection Policy and SWA's commitment to the protection of all involved in the sport of swimming.

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POLICY RESPONSIBILITIES

Swimming WA Managers are responsible for the provision of advice and distribution of this Policy.

The Chief Executive Officer has overall responsibility for the implementation and reviews of this Policy.

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RATIONALE

Australia has the highest rate of skin cancer in the world. Despite being an almost entirely preventable disease, it continues to affect at least 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 radiation from the sun or 'solar UV radiation' is a known carcinogen.

All skin types can be damaged by exposure to solar UV radiation. Damage is permanent and irreversible and increases with each exposure.

SWA has an obligation to provide a working environment that is safe and minimises risks to health. This obligation includes taking proper steps to reduce the known health risks associated with exposure to solar UV radiation for outdoor workers.

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SUN SMART MESSAGING

- Being SunSmart is not about avoiding the sun, it's about being Smart while you are outside.
- Reducing sun exposure to our skin is the best way to avoid skin cancer.
- There are 5 ways to be SunSmart. We should do as many of these as possible when the UV index is 3 or higher.
- Slip on long clothing.
- Slop on 30+ sunscreen.
- Slap on a broad brimmed hat.
- Seek shade.
- Slide on sunglasses.

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IMPLEMENTATION

- SWA staff will utilise personal sun protection at all times in the way of broad spectrum, water resistant SPF 30+ sunscreen, broad brim hats and long sleeve garments with collars, when their duty requires them to be exposed to the sun, even for brief periods.
- SWA staff will endeavour to utilise sun protection behaviours whilst on and off SWA duty.
- SWA Staff will endeavour to provide, or request venues to provide, sun shelters wherever practicable and possible for all competitors and spectators.
- SWA staff will encourage competitors, Members and spectators to utilise and re-apply sun screen products at regular intervals (e.g. 2 hours) during all SWA Events.
- Where possible, this will be done through public address systems.
- SWA will provide bottles of broad spectrum, water resistant 30+ or higher, sunscreen at all venues for competitor use.
- SWA will endeavour to conduct outdoor Events and Meets, during daylight hours, when UV exposure is at its lowest (i.e. early morning prior to 10 am and/or early evening post 2 pm).

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IMPLEMENTATION FOR CLUBS

- Where possible, use an indoor pool.
- If a meet is held outdoors, aim to make it a twilight meet.
- If a meet is held outdoors during the day, then having enough high quality shade for the expected crowd is absolutely vital. People cannot bring their own shade as a rule. Organisers must supply this. A shaded pool is also a great choice if you can get one.
- Do everything possible to ensure that swimmers and officials are not left in the sun for extended periods such as at presentation ceremonies, or waiting on the blocks while technical issues are sorted.
- Have enough sunscreen on hand and remind everyone to reapply every 2 hours – more often if they are swimming and towel drying themselves repeatedly.
- Ensure that only broad brimmed hats are used by officials. Caps are not sun protective.
- Rotate officials out of the sun regularly and ensure that they are dressed in long sleeved shirts and long pants.
- Understand that UV will reflect off concrete pool surrounds and the surface of the water. If possible, seat the spectators so they are not looking in to the sun.
- Remind people before the event that they will need to bring their own sun protection on the day.

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NON-COMPLIANCE WITH POLICY

Non-compliance with this Policy will be dealt with under SWA Operational Policy – Breaches and Appeals.

Disciplinary action will vary depending on the severity of the breach.

The CEO will deal with all non-compliance.

DOCUMENT MANAGEMENT

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DOCUMENT CONTROL

This document has the following amendment history.

Revision Date	Version No.	Author / Editor	Nature of Amendment
09/01/2015	1.0	D. M. Beazley	Annual update
01/11/2017	3.0	D. M. Beazley	Update
01/11/2019	4.0	D.M. Beazley	Update

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APPROVALS

This document requires the following approvals.

Name	SWA Position	Signature	Date	Version No.
Mr Darren Beazley	Chief Executive Officer		28/10.2015	2.0
Mr Darren Beazley	Chief Executive Officer		1/11/2017	3.0
Mr Darren Beazley	Chief Executive Officer		01/11/2019	4.0

POLICY REFERENCES

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RELATED DOCUMENTS

The following resources were referenced in the formulation of this policy.

[Cancer Council Western Australia – sample “Sun Protection Policy for Workplaces”](#)

[ACT Government Education and Training School Policy – “Sun Protection”](#)