

# Sun Protection Policy

The City Beach Water Polo Club recognises the inherent risk of excessive Ultraviolet Radiation (UV) exposure.

The City Beach Water Polo Club will

- Promote SunSmart awareness and protection strategies to all club members and spectators.
- Where possible schedule outdoor activities in times of Low UV index.
- In times of moderate or higher UV index implement protective strategies of shade, clothing, sunscreen, hat and sunglasses
  - Training program and competition organisers will make all efforts to schedule or relocate the event to an indoor facility.
  - Where indoor facilities are not available consider the level of the UV index and the length of time of UV exposure and
    - Cancel, reschedule or shorten the event or
    - Require water-based participants to wear rashies for appropriate drills and/or
    - Require water-based participants to apply sunscreen, maintaining compliance with the Water Policy Australia Sun Protection policy and
    - Require coaches, managers, referees and umpires to wear long sleeved shirts and broad brimmed hats, utilise sunscreen and wear sunglasses.
- Make available for sale long sleeved shirts, rashies and hats compliant with the Cancer Council recommendations.
- Provide the highest commercially available broad spectrum sunscreen and make it available for sale and/or use of members and spectators.
- Maximise the use of shade facilities and when these can be improved, seek to work with relevant authorities and the community to provide more shade.

This policy was adopted on 19<sup>th</sup> March 2015 and will commence on 1<sup>st</sup> October 2015.