



WHITTLESEA CITY LITTLE ATHLETICS CENTRE

(Including affiliated Clubs)

Version: Draft 25/8 1200hr
Date: 26-09-2016
Review Date:
Author: J. Bannan
No.: P02

SUNSMART POLICY

This Policy applies to all Centre/Club events on and off site

1. PURPOSE AND SCOPE

This SunSmart policy provides guidelines to:

- Ensure all children, officials, support staff and spectators have some UV exposure for vitamin D.
- Ensure all children, officials, support staff and spectators are well protected from too much UV exposure by using a combination of sun protection measures whenever UV levels reach 3 and above.
- Ensure the outdoor environment is sun safe and provides shade for children, officials, support staff and spectators.
- Ensure children are encouraged and supported to develop independent sun protection skills.
- Support duty of care and regulatory requirements
- Support appropriate OHS strategies to minimise UV risk and associated harms for children, officials, support staff and spectators

2. Background

A balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Exposure to the sun's UV during childhood and adolescence is associated with an increased risk of skin cancer in later life. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

3. Procedures

- To assist with the implementation of this policy, children, officials, support staff and spectators are encouraged to access the daily local sun protection times at sunsmart.com.au or on the free SunSmart app.
- A combination of sun protection measures is used for all outdoor activities during the sun protection times (whenever UV levels reach 3 and above), typically from September to the end of April in Victoria.
- Where possible, active, outdoor sun safe play is encouraged throughout the day.

4. Healthy physical environment

a. Seek shade

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- Management makes sure there is a sufficient number of shelters and trees providing shade in the outdoor area.
- The availability of shade is considered when planning all outdoor activities and competitions.
- Children are encouraged to choose and use available areas of shade when outside.
- Children who do not have appropriate hats or outdoor clothing are asked to choose a shady play space or a suitable area protected from the sun.

5. Healthy social environment

a. Slip on sun protective clothing

- When outside, children are required to wear loose fitting clothing that covers as much skin as possible. Clothing made from cool, densely woven fabric is recommended.
- Outside of competition events, children are required to wear over competition tops clothes with elbow length sleeves, and if possible, collars and knee length or longer style shorts or track pants.

b. Slap on a hat

- All children, officials, support staff and spectators are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad-brimmed or bucket hats. Baseball or peak caps and visors are not considered a suitable alternative.



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c. Slop on sunscreen

- Children must provide their own SPF 30 or higher broad-spectrum, water-resistant sunscreen.

AND / OR

- The Centre/Club supplies SPF 30 or higher broad-spectrum, water-resistant sunscreen children, officials, support staff and spectator's use.
- Sunscreen is applied at least 20 minutes before going outdoors and reapplied every TWO hours if outdoors.
- Strategies are in place to remind children to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).

d. Slide on sunglasses [if practical]

- Where practical, children are encouraged to wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

6. Learning and skills

- Displays the SunSmart policy for parents / carers, and discusses it with the children
- Regularly reinforces SunSmart behaviour through correspondence with families via the notice board and displays, and through Centre/Club activities
- Ensures information about the SunSmart policy is included in parent handbooks and other important documentation sent to families.

7. Engaging children, educators, staff and families

- Children, officials, support staff and spectators are provided with information on sun protection and vitamin D through family newsletters, service handbook, noticeboards and the service's website.
- When enrolling their child, families are:
 - Informed of the Centre/Club's SunSmart policy
 - Asked to provide a suitable sun protective hat, covering clothing and sunscreen for their child
 - Required to give permission for officials/support staff to supply sunscreen to their child to apply
 - Encouraged to practise SunSmart behaviours themselves when at the Centre/Club
- As part of OHS UV risk controls and role-modelling, when the UV is 3 and above children, officials, support staff and spectators:
 - wear a suitable sun protective hat, covering clothing and, if practical, sunglasses when outside
 - apply sunscreen
 - seek shade whenever possible

8. Monitoring and review

- Management monitor and review the effectiveness of the SunSmart policy and revise the policy when required (at least once every three years) by completing a policy review and membership renewal with SunSmart at sunsmart.com.au.
- SunSmart policy updates and requirements will be made available to children, officials, support staff and spectators.

9. Legislation and Standards

- Occupational Health and Safety Act 2004
- Children's Services Act 1996
- Children's Services Regulations 2009



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- Child Wellbeing and Safety Act 2005 (Vic) (Part 2: Principles for children)

Relevant documents / links

- E: sunsmart@cancervic.org.au / P: 03 9514 5419 / W: sunsmart.com.au

10. POLICY HISTORY and AMENDMENTS

This policy is to be review every two years from ratification date as shown at beginning of policy.

Title: SunSmart Policy
Category: Policy
Version: 1.0/2016
Created By: Jim Bannan President WCLAC 25 August 2016
Date Approved: (meeting that it was approved at).
Review Date: (when it should next be reviewed).
Review Responsibility: WCLAC Executive Committee

DATE	DESCRIPTION	APPROVALS
August 2016	Policy drafted from SunSmart sample policies http://www.sunsmart.com.au/communities/early-childhood-primary-schools/sample-policies	Committee Meeting