

ACT Veterans Athletic Club Inc

‘Sun protection’ policy

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| Version: | 0.1 |
| Date adopted by committee: | 14 December 2011 |
| Proposed by: | Committee |
| Replaces: | n/a |

Relevant provisions of the club constitution

Part I 2.

The objectives of the club shall be to encourage and to promote athletics for men and women 30 years of age and over.

Part III 13. (a) – (d)

The committee

- Will control and manage the affairs of the club;
- Has the power to perform all such acts and do all such things as appear to the committee to be necessary or desirable for the proper management of the affairs of the club.

Policy statement

1. The committee recognises that over- exposure to the sun’s potentially harmful UV radiation can lead to negative long term health effects and will therefore implement measures to minimise members’ general UV exposure while participating in club activities.
2. As an organisation that seeks to enhance and promote healthy lifestyles, ACTVAC will model and promote positive sun protective behaviour and attitudes to its members. It will aim to actively promote and reinforce positive sun protection behaviour.
3. Accordingly, ACTVAC will:
 - Strongly recommend and support sun protection for all outdoor activities when UV levels are 3 and above.
 - Take particular care during the peak UV period of the day (10am-2pm).
 - Whenever possible, minimise outdoor activities during the peak UV period of the day throughout the daylight saving period of the year (11am-3pm)¹.
 - Utilise natural and man-made shade to protect participants and spectators, wherever available.
 - Encourage the wearing of protective clothing e.g. longer sleeved shirts with collars, extra length shorts and dresses.
 - Encourage the wearing of sun-protective hats e.g. broad-brimmed, legionnaire and bucket style.

¹ Sun protection is not generally recommended during June and July in Canberra as daily UV levels are LOW (under 3)

- Make available sunscreen (SPF 30+ or above, broad spectrum, water resistant) to all participants and spectators. When this is not possible, encourage people to bring their own sunscreen².
- Encourage the use of sunglasses³.
- When natural shade is not available, ACTVAC will supply and erect portable shade structures which are easy to erect and dismantle, or encourage individuals to bring their own shade structures.
- This sun protection policy will be reviewed annually.

² Sunscreen should be reapplied after 2 hours and should always be used in combination with the other sun protection measures. It should *not* be used to extend one's time in the sun.

³ Close fitting, wrap-around style will offer best protection. Sunglasses should meet AS 1067.