



SunSmart Policy

ACTLAA acknowledges that exposure to the sun's harmful UV rays can cause damage to the skin and eyes. As an organisation, which seeks to enhance health, ACTLAA will model and promote sun protective behaviours to its members in accordance with the guidelines of the Cancer Council Australia. Whilst ACTLAA will endeavour to assist in sun protection when at training and competitions, it is accepted that ultimately, the responsibility is that of each individual and/or -in the case of children – their parents or guardians.

ACTLAA will:

- Where practicable, schedule outdoor activities outside the hours of 10am - 2pm (11am - 3pm Daylight Saving Time). Where this is not practicable, individuals are advised of the need for extra sun safety precautions during those hours.
- Where practicable, conduct activities in shaded areas. Where this is not possible, seek to provide shade structures for the use of participants when they are not involved in activities.
- Make use of natural shade from trees, buildings, and other structures, or where possible supply portable canopies which are easy to erect and dismantle.
- Make available Broad Spectrum sunscreen (SPF 30 or above) for use by staff, coaches, officials and athletes wherever possible.
- Encourage participants, staff and officials who are involved in outdoor activities to:
 - Slip on sun-protective clothing that covers as much skin as possible when not participating in a trial or event.
 - Slop on broad spectrum, water resistant SPF30+ (or higher) sunscreen. This should be applied 20 minutes prior to exposure and re-applied every 2 hours. Noses, lips and ears can be given additional protection with zinc cream. Sunscreen should never be used to extend the time you spend in the sun.
 - Slap on a broad brim or legionnaire style hat that protects the face, head, neck and ears.
 - Seek shade.
 - Slide on sunglasses that meet Australian Standard AS 1067 to protect the eyes from the sun's rays.
- Encourage Coaches, Officials and staff to act as role models by practising the Slip, Slop, Slap, Seek and Slide "SunSmart" behaviours during all ACTLAA activities.

- Promote sun safety in a positive way, through newsletters, written literature and over the public address system at venues.
- Make parents/guardians aware of the ACTLAA SunSmart Policy.