

# Sun Protection Policy

## Aim

The aim of this policy is to provide guidelines for event organisers to protect participants from harmful solar radiation.

The aims of this policy are to promote:

- An awareness of the dangers of exposure to the sun and the need for protective measures.
- The need for positive attitudes and responsible behaviours towards skin protection.
- Practices that can reduce the incidence of skin cancer.

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## 1 Background

- Australia has the highest incidence of skin cancer in the world.
- Levels of ultraviolet radiation are particularly high in many locations around Australia, due to ozone layer depletion and generally clear weather.
- Scuba diving activities are outdoors and at times of the day that risk high exposure to the sun.

## 2 Revision

This policy is to be maintained and reviewed by the AUSC Committee.

## 3 Application

This policy applies to all members who participate in AUSC activities.

## 4 Activities

- Activity Leaders shall make broad spectrum SPF 15+ sunscreen freely available on scuba diving boats.
- Activity Leaders are encouraged to state mandatory sun-smart requirements for participants when promulgating notices of forthcoming events.
- Shade umbrellas should be taken on boats where possible, and should be set up on days with minimal wind.
- Where possible, minimise scuba diving events during expected high risk times of day.
- Participants are encouraged to wear a hat when not in the water.

**Note:** Divers may be refused boarding a boat if they are not suitably protected or equipped (e.g. hat, shirt and drinking water) for the prevailing conditions.

## 5 Juniors

- Junior members are to be encouraged to:
  - Apply sunscreen;
  - Wear a long-sleeve top when not wearing an exposure suit, and
  - Wear a hat.
- Adults involved with junior members should be role models of best sun protection behaviour.

## 6 Further information

The Cancer Council of Australia provides considerable on-line information on sport and sun protection which can be used when implementing and reviewing this policy.

## 7 Document control

Revision (Date)	Person	Comments
0 (13/10/2015)	<b>Author:</b> David Warren <b>Reviewed:</b> Committee (via Meeting 13/10/2015) <b>Approved:</b> David Warren	Document released to club membership.
1 04 Apr 2023	<b>Author:</b> Tim Brown <b>Reviewed:</b> Committee (via Meeting Date) <b>Approved:</b> Committee (via Meeting Date)	Amend letterhead and references to AU Sport & Fitness. Amend players to participants. Activity Leaders are encouraged to state mandatory sun-smart requirements. Divers may be refused boarding a boat if they are not suitably protected or equipped.