



ATHLETICS NORTH QUEENSLAND

Sun Safe Policy

The health of the community is of prime concern to us. We will actively seek to promote, encourage and support sun protection at all Athletics North Queensland events.

Rationale

Queensland has the highest rate of skin cancer in the world. Of all new cancers diagnosed in Australia each year, 80% are skin cancers. Given our events often take place during peak ultraviolet radiation (UVR) times throughout the day, we can play a major role in both minimising UVR exposure and providing an environment where policies and procedures can positively influence long-term SunSmart behaviour.

Thousands of Queenslanders are involved in outdoor sports as participants, organisers, officials, coaches or spectators. This involvement has many health benefits, but it also carries the risk of increased exposure to UVR therefore the risk of skin cancer.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Research shows that severe sunburn is a contributor to skin cancer and other forms of skin damage such as sunspots, blemishes and premature ageing. Most skin damage and skin cancer is therefore preventable.

With this in mind, Athletics North Queensland realises the need to encourage the sporting organisations that use its facilities to protect participants, organisers, officials, coaches or spectators from the sun and educate them about SunSmart behaviour, thus reducing the risk of skin damage from exposure to the sun.

Where possible Athletics North Queensland will:

- Schedule outdoor activities outside the hours of 10.30am to 2.30pm.
- Make SPF 30+ (or at least SPF 15+) broad spectrum water resistant sunscreen available for members and supporters wherever possible.
- Follow Cancer Foundation of Queensland guidelines for SunSmart clothing when choosing, designing or redesigning uniforms.



- Encourage members and supporters to wear a hat that complies with the Cancer Foundation of Queensland recommendations while participating in our activities.
- Make maximum use of existing shade at facilities. When shade is not adequate we will seek to work with relevant authorities and the community to provide more shade at sporting facilities; and will endeavour to provide temporary shade until adequate shade is provided.
- Review the SunSmart policy regularly.

Version	Created by	Approved by	Date	Review date
1.0	ANQ	J. Minehane Operations Manager	October 2014	October 2016