

# Dragon Boats NSW Inc.

(Incorporated under the Associations Incorporation Act, 2009)  
(Registered Number: Y2086230)  
(ABN 31 936 733 882)



## Sun Protection Guidelines

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**Contact:** Dragon Boats NSW

**Note:** To be reviewed every 2 years.

### Introduction

Australia has the highest rate of skin cancer in the world. Despite being an almost entirely preventable disease it continues to affect at least one in every two Australians during their lifetime. Of all the new cancers diagnosed in Australia each year, 80% are skin cancers. Unprotected exposure to the sun's ultraviolet (UV) radiation can have an immediate negative impact on performance and hydration, and can cause painful sunburn. Exposure to UV radiation also increases the risk of skin damage and skin cancer.

### Aims

The guidelines aims to ensure all participants, officials and spectators are protected from the harmful effects of the sun throughout the year.

### Our Commitment

DBNSW wants our community to be sun-smart. Participants, officials and spectators will be encouraged to access SunSmart UV Alert at [www.cancercouncil.com.au/sunsmart](http://www.cancercouncil.com.au/sunsmart) to view local UV levels. Wherever possible, DBNSW will use a combination of sun protection measures for all outdoor activities from September until the end of April and whenever UV levels reach 3 and above (*the level which can damage skin and eyes*).

### DBNSW will:

#### 1. Schedule outdoor activities

- Encourage all clubs and representative squads to train outside of peak UV times
- Consider all sun protection measures when planning outdoor events and/or training

#### 2. Shade

- Encourage all participants to provide shade protection for club members if insufficient natural shade is not available
- Provide a marquee in the marshalling area (*if insufficient natural shade is not available*) to provide shade to participants whilst waiting for their next race.
- Provide sun shade protection (*if insufficient natural shade is not available*) for volunteers in boat loading, start pontoon, finish line and start line.

#### 3. Hats

- Ensure all Officials and Volunteers are provided with or encouraged to wear sun-safe hats that protect the face, neck and ears. (DBNSW has broad brim straw hats). *Note:* baseball style caps do not provide adequate sun protection.

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#### 4. Clothing

- Ensure that Officials and Volunteers are provided with or encouraged to wear sun-safe clothing that covers as much skin as possible. (DBNSW long sleeve blue shirts with collar) – UPF50+
- DBNSW volunteer shirts offer maximum protection wet or dry, are breathable, lightweight mesh construction, soft and cool to wear and have moisture absorption and antibacterial. – [www.sunprotection.com.au](http://www.sunprotection.com.au)

#### 5. Sunscreen

- Ensure there is communal tubs of sunscreen available and accessible at all events for all volunteers and participants to utilize (such as located in marshalling, registration, volunteer sign on area)
- Encourage participants and volunteers to apply sunscreen at least 20 minutes before going outdoors and re-applying every 2-3 hours.

#### 6. Sunglasses

- Encourage all participants and volunteers to wear appropriate sun glasses which comply with the Australian Standard AS/NZS 1067:2003 (sunglasses: category 2, 3, or 4). (I.e. wrap around style which cover as much as of the eye area and are close fitting).

#### 7. Increase awareness of sun safety

- Regularly promote sun protection information to Officials, volunteers, participants and spectators through briefings or training sessions, newsletters. Social media and announcements at events.
- Inform members about DBNSW Sun Protection Policy.

#### 8. Role Modelling

- Encourage all officials, volunteers, coaches, Board Directors and staff to act as positive role models for members of the association when it comes to all aspects of sun safe behavior including using a combination of sun protection measures.

#### The important safety tips to remember are:

1. SHADE – natural or man made
2. SLIP - on a shirt
3. SLOP - on sunscreen
4. SLAP - on a hat
5. SUNGLASSES – wear them
6. SUNSHINE - awareness of the time of day when sun is most prominent (i.e. midday)

For further information:

<http://www.cancercouncil.com.au/1675/reduce-risks/sun-protection/local-government-workplace/local-government/developing-a-sun-protection-policy-for-sporting-organisations/?pp=37580&cc=8232&&ct=35>

<http://www.cancer.org.au/preventing-cancer/sun-protection/sun-protection-in-the-workplace.html>

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