

## **Cobram Bowling Club Inc**

### **UV/SUN PROTECTION POLICY**

Bowls Victoria encourages all affiliated members to be sun smart. Exercise places some people at risk of heat illness, especially in hot weather. Players, officials and spectators are encouraged to wear head protection, sunscreen, sunglasses, keep hydrated and seek shade when possible.

The following policy is in place to help Cobram Bowling Club Inc minimise the risks of overexposure to UV.

#### **Rationale**

The sun's ultraviolet (UV) radiation is the main cause of skin cancer. UV damage also causes sunburn, tanning, premature ageing and eye damage.

Sunburn and other UV damage is common while playing or watching sport, when people are exposed to the sun's UV radiation for long periods of time.

Sporting clubs and organisations have a responsibility under health and safety legislation to provide and maintain a safe working environment for staff, volunteers, players and spectators. By minimising UV harms, you will help to fulfil this obligation and duty of care.

#### **Sun protection times**

- The sun protection times from the Bureau of Meteorology forecast the time of day UV levels are due to reach 3 or higher. At these levels, sun protection is recommended for all skin types. In Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April.
- A combination of sun protection measures are needed during the daily local sun protection times.
- To assist with the implementation of this policy, club officials, coaches and participants are encouraged to access the daily local sun protection times at [sunsmart.com.au](https://sunsmart.com.au), on the free SunSmart app or SunSmart widget (on the club website) and in the weather section of the newspaper.

#### **Schedules, fixtures and rule modifications (including a cancellation policy)**

- Where possible, training, events and competitions are scheduled to minimise exposure to UV and heat.
- Cancellation of training, events or competition occurs (according to the rules of Murray Bowls Division) when high risk conditions are forecast.

Where it is not possible to avoid peak UV and heat periods, the following interim steps are taken to minimise the risk of overexposure to UV and heat illness:

- Activities start earlier in the morning or later in the evening.
- Officials, coaches and senior members act as role models by wearing sun-protective clothing and hats, applying sunscreen and seeking shade wherever possible.

## **Sun protection measures**

### **1. Clothing**

- Where the competition uniform does not provide adequate sun protection, participants are reminded to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen to all exposed skin and wear covering clothing whilst not on the green.

### **2. Sunscreen**

- SPF30 (or higher) broad-spectrum, water-resistant sunscreen is available to participants.
- Participants are encouraged to apply sunscreen 20 minutes before training or playing and to reapply every two hours.
- Sunscreen is stored below 30°C and replaced once it is past the use-by date.
- Participants are encouraged to apply a generous amount of sunscreen (the equivalent of one teaspoon per limb).

### **3. Hats**

- Wide-brimmed or bucket hats are promoted as part of the on and off-field uniform.
- Caps and visors do not provide adequate sun protection to the face, ears and neck and are not recommended for extended sun protection but may be used, in combination with sunscreen on parts of skin not covered, as an interim measure for on-field play or training.

### **4. Shade**

- When not actively playing or between individual events, participants are able to rest in shaded areas.
- Where there is insufficient natural or built shade, temporary shade structures are provided or participants are notified to bring their own temporary shade (e.g. tents or umbrellas).
- As required, temporary shade is made available for officials (eg umpires)

### **5. Sunglasses**

- Participants are advised to wear sunglasses that meet the Australian standard (AS/NZS 1067:2016).

## **Review**

- This SunSmart policy will be reviewed regularly.
- This policy was last updated on 11 June 2019.
- Next policy review: 2022

## Relevant documents and links

- **SunSmart:** [sunsmart.com.au](http://sunsmart.com.au)
- **SunSmart widget:** [sunsmart.com.au/uv-sun-protection/uv/uv-widget](http://sunsmart.com.au/uv-sun-protection/uv/uv-widget)
- **SunSmart app:** [sunsmart.com.au/app](http://sunsmart.com.au/app)
- **Heat and UV Guide:**  
[sunsmart.com.au/downloads/communities/sports-clubs/uv-exposure-heat-illness-guide.pdf](http://sunsmart.com.au/downloads/communities/sports-clubs/uv-exposure-heat-illness-guide.pdf)
- **Shade audit:** <https://www.sunsmart.com.au/shade-audit/>
- **Australian Government Therapeutics Goods Administration (TGA) – Australian regulatory guidelines for sunscreens:** [4. Labelling and advertising – directions for use of the product](#)
- **ARPANSA Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation (2006)**

For more information contact SunSmart:

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