



## **MWAS Solar Protection Policy**

Adopted by Board – 19/12/2013

### **Aim**

The aim of this policy is to provide protection from sun exposure to all holders of scholarships, to employees and to supporters of MWAS. The role of coaches, officials and MWAS employees is to act as appropriate role models to athletes.

### **Background**

Australia has the highest rate of skin cancer in the world. It is estimated that two out of every three people whose childhood is spent in Australia will develop some form of skin cancer in their lifetime. Research suggests that sun exposure in childhood is particularly important in causing skin cancer, especially melanoma.

### **Objectives**

The health of scholarship holders and supporters is of primary concern to the MWAS. MWAS will actively seek to promote, encourage and support sun protection at meetings, training and other MWAS events.

Where possible MWAS will promote and implement the following controls:

- Education and promotion
  - Promote solar protection strategies;
  - Ensure training is provided for athletes, coaches and officials as part of induction;
  - Ensure management, coaches and service providers act as positive role models;
- Clothing

*Participants in programs conducted outdoors will be encouraged to wear the following*

- Long sleeved shirts with collar which can be flipped up to protect the neck made from UPF 50+ material;
- Longer shorts/skirts that come down towards the knees or trousers;
- A sun protective hat that shades the face, head, ears and neck, is made from UPF 50+ material and that is broad brimmed, bucket or legionnaire style;
- Where appropriate, sunglasses which meet the Australian Standard 1067 (athletes may not be able to wear sunglasses during training and competition, however, coaches, officials, employees and supporters not directly involved in the training / competition should be encouraged to wear sunglasses);

- Broad-spectrum water-resistant 30 plus sun-screen and lip-balm;
- Management
  - At all times management and service providers will attempt to*
  - Schedule activities outside the hours of 11am - 2pm where possible;
  - Be conscious that solar exposure at any time of the year can lead to permanent skin damage;
  - Make use of existing shade at facilities or provide temporary shade when possible;
- Athletes, Coaches, and Officials on scholarship will
  - Cooperate with all measures introduced by management to minimise the risks associated with exposure to solar UV radiation;
  - Comply with instructions and advice in regards to the use of sun protection control measures;
  - Act as positive role models; and
  - Be responsible for their sun protective practices.