

## Sun Smart Policy

Adopted November, 1998

The NSW Cancer Council recommends the following guidelines be considered when holding any outdoor activity. As all Sailability events occur in direct sunlight it is imperative for administrators at all levels of our organisation be aware of, and actively address the following issues.

### Suitable Clothing

- One of the most effective ways to limit UV radiation to the skin is by wearing protective clothing.
- Ensure that T-shirts are of the collared design. Consider longer sleeves (elbow length is a good compromise).
- The closeness of the weave is particularly important, not the weight of the fabric. A simple way to get some indication of protection or to compare fabrics is to hold them up to the light. The less light coming through or the harder it is to see through, the better the protection.
- Be aware that darker colours tend to absorb more heat than lighter colours and can be less comfortable in hot weather.

### Hats

Hats should be part of your Sailability uniform. Different styles of hats provide varying levels of protection from the sun.

- **Baseball caps** offer little protection to the ears, neck and cheeks.
- **Broad Brimmed Hats** protect the face, ears and back of the neck. They should have a minimum brim width of 8 – 10 cm for adults, 6 cm for children. The underside of the brim should be a dark colour to reduce the amount of UV radiation reflected on to the face.
- **Legionnaire Caps** protect the ears and neck, but leave much of the face, especially the cheeks exposed. They should have a front peak of a minimum of 6cm and a one-piece back-flap. They should not have velcro, clips or press studs for raising the flap.

### Sunglasses

Sailors (including children) should be encouraged to wear sunglasses at all times. UV protection does not necessarily relate to the cost of the sunglasses. For maximum protection choose sunglasses that:

- meet Australian Standard 1067
- offer 99% protection from UV rays
- are close fitting, wrap-around style

## **Sunscreen**

At all Sailability events, sunscreen should be available to volunteers and members.

Sunscreen will assist in blocking damaging UV rays to exposed skin. Sunscreen should be used as an adjunct to the natural protection of wearing a hat, sunglasses, collared shirts with long sleeves and using shade where available and keeping out of direct sunlight as much as possible.

### **Choosing a sunscreen**

- Choose a sunscreen with a Sun Protection Factor (SPF) number of 15+.
- Labelled “broad spectrum”.
- Water resistant

### **Applying sunscreen**

Sunscreen should be applied according to the manufacturer’s instructions.

- Apply liberally at least 15 minutes before going out in the sun.
- Apply to clean, dry skin.
- Reapply regularly.

## **Shade**

Be aware - even if adequate shade is available at your venue, UV rays will reflect off nearby water, concrete, sand and grass. As well as the publicised risks caused to the skin by over-exposure to the sun, many people with disabilities have medical conditions affected by heat and sunlight. Every precaution possible should be taken to ensure that all participants have adequate protection from the sun. Make maximum use of natural shade. If none is available at your venue, the Sailability committee should seriously consider alternative options. eg

- A portable shade cabana can be purchased for several hundred dollars and will provide some shade.
- Permanent shade structures, although more expensive, are more appropriate. Investigate making an application through your Local Council to obtain government capital works funding.