

# **BLIND SPORTS AUSTRALIA**

A.B.N. 68 008 621 252

A Foundation Member of the Australian Paralympic Committee

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## **Sun Smart Policy**

### **Introduction**

Blind Sports Australia (BSA) will ensure that all members who participate in BSA activities are both informed and protected against the harmful effects of the sun's ultraviolet radiation (UVR) whenever they are outdoors. BSA will promote to all parties a knowledge of the great importance of the need for protection from skin and eye damage caused by UVR. All members must participate in and promote the requirements of the sun safe policy.

The policy articulates the minimum standards to be followed by members and volunteers.

The policy is closely aligned to the recommendations of Workcover and the Cancer Councils in each State for skin protection for outside workers.

### **Sun Safety for BSA Activities**

The health of participants in blind sports activities is of a primary concern to BSA and its member associations.

It is far better to prevent skin cancer by regularly practising protective measures. Skin cancer is preventable, and like any other medical condition is best dealt with by protective measures. It is also acknowledged that cataracts and other eye diseases are related to ultraviolet radiation (UVR) and that correct sunglasses will prevent or reduce these eye problems.

BSA strongly recommends sun protection during all outdoor activities. It is the responsibility of all BSA members to use protective equipment (hats, uniforms, sunscreen, shade structures, sunglasses etc), adopt sun safe practices (re-applying sunscreen, minimising time outdoors during peak UV times etc). As well as their own personal protection, BSA members should also provide by example, a good role model for younger members and the community in general.

The following outlines the minimum requirements for BSA member organisations and BSA Staff.

### **Definitions of sun sense protection**

#### **Shelter**

- Materials used to provide shade should cast a dark shadow (i.e. block out UVR to a minimum of 50%)
- Specific shaded areas in events, competitions, carnivals to provide shade for both competitors and officials

NOTE: It is possible to get sunburn under shelter due to reflection of UVR from sand and water. Other precautions listed must still be used.

**“Protective clothing”** mentioned below in this policy means the use of :

- hats - wide-brimmed with dark (non-reflecting) underside of the brim, or “legionnaire style” hats - those having side pieces protecting the ears and neck
- long-sleeved shirts with high neck collars – where possible made of UPF 50+ material (close-weave material that blocks UVR)
- shorts - loose and long-legged

### **Sunscreen**

- Use broad spectrum, water resistant SPF 30+ sunscreen
- Apply at least 20 minutes before exposure so that cream can be “absorbed” into the skin, for effective protection.
- Reapply every 2-3 hours, or more often after swimming, or sweating heavily.

Note: With higher SPF sunscreens a small number of people may be sensitive to some types of sunscreens. If skin rashes occur, choose a brand designed for sensitive skin.

**Sunglasses** – 100% UV resistant conforming to Australian Standard 1067 (as labelled on the swing tag) - having side protection from the sun’s rays, but which do NOT obscure peripheral vision.

## **Responsibilities**

### **Section 1 - All levels of BSA**

Taking into consideration the harmful effects from the ineffective protection of open weave clothing, when choosing uniforms BSA and affiliates will conform to guidelines for sun safe clothing with tightly woven material with a UVR protection factor (UPF) of 50 or 50+.

BSA and affiliates will strongly encourage the use of:-

- sufficient shelter for participants using either natural, or artificial shelters
- hats, shirts and shorts to conform with the standards above
- broad-spectrum water-resistant SPF 30+ sunscreen and sunglasses for all activities.

When outside, and where practicable maximum use will be made of existing natural shade – team captains must enforce this. Where natural shade is not adequate BSA and affiliates will endeavour to provide suitable structures or provide portable shade structures for members.

BSA and affiliates (Member organisation and their members) will endeavour where possible to schedule outdoor activities outside the hours of 10.00 am to 2.00pm (11.00 am and 3.00 pm Daylight Saving Time). This is especially important with youth events, or combined events.

Officials, referees, and Umpires will promote officials use of broad-spectrum water-resistant SPF 30+ sunscreen (with zinc cream on specific areas, if necessary), at all times during BSA member organisation events..

Note: Given the nature of some blind sports events, which may run all day, BSA strongly promotes it's officials, competitors and observers to maintain high standards of sun safe including protective clothing, sunscreen and shelter.

Whilst participating in BSA activities members will be strongly encouraged to wear a wide brim hat or similar (see above) that protects the face, ears, neck, shoulders and crown of the head.

BSA will strongly encourage trainers, coaches, officials and members in prominent positions to act as strong role models, to promote and use smart sun protection.

BSA Officials and carers will revise sun protection measures on a yearly basis.

## **Parents and Guardians - Junior Activities**

Club officials, parents and carers must apply the above requirements wherever possible.

These sun smart rules are strongly recommended: -

- Parents / guardians of children participating in blind sports activities should be provided with the BSA sun safety policy and encouraged to comply with it.
- All Junior event Officials parents and guardians are to promote the use of these protective measures by example.
  - Parents should be strongly encouraged to purchase sun safe hats and protective uniforms for their child's / children's use and provide SPF 30+ broad-spectrum water-resistant sunscreen for their child / children during BSA activities.
  - Parents should promote sun protective behaviour to their child / children by personal example.
  - Parents should provide Australian Standard (labeled as AS1067) sunglasses that filter 100% of UV rays for their child/children.
  - For more information, please contact Cancer Council Australia.

## **Important safety tips to remember**

The six Ss'

**SHADE** – natural or man-made

**SLIP!** – on a T-shirt

**SLOP!** – on a Sunscreen

**SLAP!** – on a Hat

**SUNGLASSES** – to Australian Standards

**SUNSHINE** - awareness of times of the day especially around midday

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#### FURTHER READING

For training and information on skin protection for  
outdoor workers WorkCover - State Departments  
Cancer Council - States

### **Authorisation**

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Adopted by the Blind Sports Australia Board on 19~~xx~~19<sup>th</sup> March 2018



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