

Sun Protection Guidelines

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 a key contributor in causing skin cancer, especially melanoma.

Due to the nature of each particular sport's training and competition requirements regarding uniforms it may not be possible to strictly adhere to the SunSmart clothing standards suggested by the NSW Cancer Council. In addition to this, budgetary implications regarding style alterations to uniforms may make such alterations impractical.

Guidelines

The health of athletes, staff, and supporters is of primary concern to the South West Sydney Academy of Sport. The South West Sydney Academy of Sport will actively seek to promote, encourage, and support sun protection at meetings, training, and competitions (local, regional, state, and national).

Where possible the South West Sydney Academy of Sport will:

1. Schedule activities outside the hours of 10:00am to 2:00pm (11:00am and 3:00pm daylight saving time). Whilst scheduling activities outside this timeframe is preferable, where this is not possible all other strategies require maximum consideration.
2. Encourage senior athletes (including past graduates), program staff, referees / umpires, officials, Board members, and parents of Academy athletes to be SunSmart role models for Academy athletes.
3. Provide the Squad Manager of each sport program with a large pump action container of SPF 30+ broad spectrum water resistant sunscreen to be made available for athletes and staff.
4. Incorporate SunSmart clothing designs into uniforms wherever sport specific requirements and budget considerations make it practical to do so. The types of items that could be considered include:
 - Tops with button-up necks and collars which can be flipped up to protect the neck
 - Longer sleeves
 - Longer shorts / skirts that come down towards the knees, or trousers
 - Fabric to have a tight weave and garments to be of a loose-fitting design
 - Broad brimmed style hat
5. Encourage athletes and staff to wear a hat during Academy activities, whenever the nature of the sport permits it.
6. Where appropriate, encourage the wearing of sunglasses which meet the Australian Standard 1067. Whilst athletes may not be able to wear these during training and competition, coaches, officials, committee members, and supporters not directly involved in the competition should be encouraged to wear sunglasses.
7. The South West Sydney Academy of Sport will make use of existing shade at facilities. When shade is not adequate, the South West Sydney Academy of Sport will seek to work with appropriate authorities to provide more shade at sporting facilities. The Academy will also endeavour to provide temporary, portable shade to each of the sport programs.

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8. Promote sun safety through newsletters, brochures, and where possible, over the public address system at competitions.
9. Advise South West Sydney Academy of Sport athletes and parents about the Sun Protection Guidelines at the program Induction and encourage them to comply with it.

Approval & Review

The South West Sydney Academy of Sport Board approves this Athlete Eligibility Policy on
This policy is due for review on