

The following policy is in place to help Balmoral Highland Dancing Society Inc. minimise the risks of overexposure to UV.

### **Rationale**

A balance of ultraviolet radiation (UV) exposure is important for health.

Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world. Two in three Australians will develop some form of skin cancer before the age of 70.

People often experience sunburn and skin damage when playing or watching sport due to extended periods exposed to high levels of UV without appropriate sun protection.

Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for the development and maintenance of healthy bones and muscles, and for general health.

### **Sun protection times**

- A combination of sun protection measures are needed during the daily local sun protection times (issued whenever UV levels reach three and above), typically from the start of September to the end of April in Victoria.
- To assist with the implementation of this policy, club officials, teachers and participants are encouraged to access the daily local sun protection times at [sunsmart.com.au](http://sunsmart.com.au), on the free SunSmart app or SunSmart widget and in the weather section of the newspaper.
- From May to August in Victoria, UV levels are usually below three so sun protection is not normally needed unless near highly reflective surfaces such as snow or outside for extended periods. It is best to check the SunSmart app to be sure.

### **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 Balmoral Highland dancing Society Inc.(BHDS)) 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:

- Warm-up activities are limited in duration and intensity.
- The duration of the activity is reduced.
- Activities start earlier in the morning or later in the evening.
- Rest breaks and opportunities to seek shade and rehydrate are increased.
- Officials rotate out of the sun more frequently than usual.
- Activity is held at an alternative venue (e.g. indoors).
- Officials, teachers 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**

BHDS encourages participant to wear sun protective clothing when not competing. 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 stage.

### **2. Sunscreen**

SPF30 (or higher) broad-spectrum, water-resistant sunscreen is promoted and/or provided 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).

The first aid kit includes a supply of SPF30 (or higher) broad-spectrum, water-resistant sunscreen.

### **3. Hats**

Wide-brimmed or bucket hats are encouraged when participants, officials and spectators are off the stage. Caps and visors do not provide adequate sun protection to the face, ears and neck and are not recommended.

### **4. Shade**

An assessment of existing shade will be conducted at all outdoor venues.

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).

Shade from buildings, trees and other structures is used where possible (e.g. for player interchange, marshalling areas, spectator areas).

### **5. Sunglasses**

Officials, spectators and participants (when not on stage) are advised to wear sunglasses that meet the Australian standard (AS/NZS 1067:2003).

## **Education and information**

The times when sun protection is required (as determined by SunSmart's daily local sun protection times) are communicated to participants and spectators.

Participants are notified at the beginning of September that sun protection measures need to be implemented.

## **Review**

This SunSmart policy will be reviewed bi-annually to ensure that the document remains current and practical.

This policy was last updated on January 2016

### Relevant documents and links

- **SunSmart:** [sunsmart.com.au](https://sunsmart.com.au)
- **SunSmart sun protection times widget:** [sunsmart.com.au/uv-sun-protection/uv/uv-widget](https://sunsmart.com.au/uv-sun-protection/uv/uv-widget)
- **SunSmart apps:** [sunsmart.com.au/app](https://sunsmart.com.au/app)
- **Heat and UV Guide:** [sunsmart.com.au/downloads/communities/sports-clubs/uv-exposure-heat-illness-guide.pdf](https://sunsmart.com.au/downloads/communities/sports-clubs/uv-exposure-heat-illness-guide.pdf)
- **Shade audit:** [sunsmart.com.au/shade-audit/](https://sunsmart.com.au/shade-audit/)