



Supported by the



NEW SOUTH WALES
UNDERWATER HOCKEY

NSW UNDERWATER HOCKEY INC.

SUN PROTECTION POLICY

AIMS

This policy aims to ensure all participants, officials and spectators are protected from the harmful effects of the sun throughout the year, and that we provide a sporting environment that supports sun safety awareness and practices.

OUR COMMITMENT

Our organisation/club has a duty of care to provide a safe environment for everyone involved in our activities. Providing a safe environment includes protecting people from the harmful effects of UV radiation.

Participants, officials and spectators will be encouraged to access the SunSmart UV Alert at www.cancercouncil.com.au/sunsmart to view local UV levels. Wherever possible, we will use a combination of sun protection measures for all outdoor activities from September until the end of April and whenever UV levels reach 3 and above (the level that can damage skin and eyes) including the following:

The A.U.F. is the administrative body for the World Underwater Federation (C.M.A.S.)

The N.C.A.S. (National Coaching Accreditation Scheme)

"The Australian Government through the Australian Sports Commission recognises the A.U.F. to develop Underwater Sports in Australia"

The A.U.F. is a "Recognized Body" of the Australian Olympic Committee Inc.

The A.U.F. is a member of N.S.W. Olympic Committee

A.U.F. N.S.W. is "supported by Sport & Recreation a division of Department of Education and Communities"



**Office of
Communities**
Sport & Recreation

"Bringing sport, conservation and awareness to the underwater world"

1. SCHEDULING OUTDOOR ACTIVITIES

- Schedule outdoor events and/or training times outside peak UV times of 10am–2pm (11am–3pm daylight saving time).
- Consider all sun protection measures when planning outdoor events and/or training.
- Investigate the feasibility of having evening training sessions, games and events.

2. SHADE

- Hold training sessions and competitions at venues that provide adequate shade.
- Encourage participants, officials and spectators to use the shade available, and encourage people to bring their own umbrellas and shade tents.

3. HATS

- Ensure that officials and participants are provided with or encouraged to wear sun-safe hats that protect the face, neck and ears. Recommended sun-safe hats include legionnaire, board-brimmed and bucket hats. Baseball caps do not provide adequate sun protection and are not recommended.
- Encourage members who do not bring hats to play in an area protected from the sun or enforce a 'no hat, play in the shade' rule for junior members.

4. CLOTHING

- Ensure that officials and participants are provided with or encouraged to wear sun-safe clothing that covers as much skin as possible, including shirts/tops with longer sleeves and a collar, and long shorts or pants.
- Incorporate clothing that is cool, loose fitting and made of densely woven fabric into the club uniform. Any fabric with an ultraviolet protection factor (UPF) rating above 15 provides good protection against UV radiation, but UPF50+ is recommended (AS/NZS 4399:1996).
- Incorporate a swimsuit and rash vest with a UPF50+ into the club uniform for water sports.

5. SUNSCREEN

- Sunscreen is available that is at least SPF 30+, broad-spectrum and water-resistant and participants, coaches, officials and spectators are encouraged to use it appropriately.
- Ensure that sunscreen is applied at least 20 minutes before going outdoors, and is reapplied every 2 hours when outdoors, or after getting wet or perspiring.

6. SUNGLASSES

- Encourage officials and participants to wear close-fitting, wrap-around sunglasses that cover as much of the eye area as possible and comply with Australian Standard AS/NZS 1067:2003 (Sunglasses: Category 2, 3 or 4).

7. INCREASE AWARENESS OF SUN SAFETY

- Regularly promote sun protection information to officials, participants and spectators through briefings or training sessions, newsletters, notice boards, online communications, enrolment and announcements at sporting events.
- Inform individuals about the organisation's Sun Protection Policy when they apply for membership.

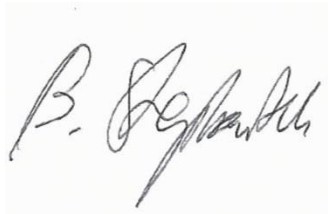
8. ROLE MODELLING

- Encourage all officials, coaches, trainers and adult members of the club to act as positive role models for younger members in all aspects of sun safe behaviour, including using a combination of sun protection measures.

9. REVIEW

- Regularly monitor and review the effectiveness of the Sun Protection Policy to ensure it remains relevant and current.

Signed

A handwritten signature in black ink, appearing to read 'B. Stepkovitch', written on a light-colored rectangular background.

Ben Stepkovitch

President NSW Underwater Hockey Inc.