



Royal Queensland Yacht Squadron

SUNSMART POLICY

October

2020

RQYS SUNSMART Policy

Purpose

The following policy is in place to help the Royal Queensland Yacht Squadron (RQYS) minimise the risks of overexposure to UV in the workplace and as a participant in boating activities.

RQYS recognises that the sun's ultraviolet (UV) radiation is the main cause of skin cancer. UV damage also causes sunburn, tanning, premature ageing and eye damage. 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.

Sunburn and other UV damage is common while working, playing or watching sport when people are exposed to the sun's UV radiation for long periods of time.

Sporting clubs and organisations have a responsibility under health and safety legislation to provide and maintain a safe working environment for staff, volunteers, athletes and spectators. By minimising UV harms, you will help to fulfil this obligation and duty of care.

Scope

The sun-safety policy relates to employees of RQYS as well as athletes, coaches, officials, spectators and all others involved in boating activities under RQYS's control.

Sun protection times – UV radiation and skin cancer

The sun protection times from the Bureau of Meteorology forecast the time of day UV levels are due to reach 3 or higher. Sun protection is required when the UV levels reach 3 and above. In Queensland, sun protection is required all year, even in winter, due to consistently high UV levels. Download the free SunSmart app on [IOS](#) or [Android](#) to access a free daily UV alert.

A combination of sun protection measures are needed during the daily local sun protection times.

UV radiation is an invisible danger because we can't see or feel it. Each time your skin is exposed to UV radiation, the skin cells and how they behave is affected. Overexposure to UV radiation from the sun or solarium use causes permanent damage that adds up over time.

Protecting your skin from the sun and other forms of UV exposure is important at any age, but sun protection is especially important during childhood and adolescence.

To assist with the implementation of this policy, club officials, coaches and participants are encouraged to access the daily local sun protection times at sunsmart.com.au, on the free SunSmart app or in the weather section of the newspaper.

Schedules

While it is not possible to schedule activity outside the hours of 1000 and 1400, the club emphasises to staff, members and participants the high risk at this time.

Sun protection measures

1. Clothing

The Squadron will promote sun protective clothing for employees, participants and officials, this includes:

- Shirts with long sleeves and a collar, long shorts or pants.
- Brimmed hats whenever practical – caps and visors do not provide adequate sun protection to the face, ears and neck and are not recommended for extended sun protection.
- Sunglasses for eye protection

2. Sunscreen

SPF30 (or higher) broad-spectrum, water-resistant sunscreen is promoted and/or provided to participants. Prior to boat rigging and racing, members will be encouraged to apply sunscreen to exposed body parts.

Participants are encouraged to apply a generous amount of sunscreen (the equivalent of one teaspoon per limb).

3. Shade

The Squadron will maximise the use of natural shade provided by buildings, trees and other structures.

Education and information

- The times when sun protection is required (as determined by SunSmart’s daily local sun protection times) are communicated to employees, participants and spectators.
- The Squadron may provide skin cancer education sessions to increase awareness of the health issue caused by over exposure to the sun.
- Squadron Officials will act as suitable Sun Smart role models.

Protect your skin – stay SunSmart every day

To minimise your skin cancer risk protect your skin every day with a combination of these five steps:



Slip on protective clothing that:

- Covers as much skin as possible, for example, shirts with long sleeves and high necks/collars.
- Is made from close weave materials such as cotton, polyester/cotton and linen.
- Is dark in colour to absorb UV radiation (white and lighter colours reflect UV radiation onto skin).
- If used for swimming, is made from materials such as lycra, which stays sun protective when wet.

Slop on SPF30 or higher sunscreen that is:

- Broad spectrum and water resistant.
- Applied liberally to clean, dry skin at least 20 minutes before going outside.
- Reapplied every two hours.
- Used with other forms of protection such as hats and shade.

Slap on a hat that is:

- Broad-brimmed and provides good protection for the face, nose, neck and ears, which are common sites for skin cancers (caps and visors do not provide adequate protection).
- Made with closely woven fabric – if you can see through it, UV radiation will get through.
- Worn with sunglasses and sunscreen to increase your level of protection.

Seek shade by:

- Making use of trees or built shade structures, or bring your own pop-up tent or umbrellas.

- Making sure your shade structure casts a dark shadow and using other protection (such as clothing, hats, sunglasses and sunscreen) to avoid reflected UV radiation from nearby surfaces.

Slide on sunglasses:

- That are close-fitting wrap-around style that meet the Australian Standard AS 1067 and provide an Eye Protection Factor (EPF) of 9 or above.
- With a broad-brimmed hat to reduce UV radiation exposure to the eyes by up to 98 per cent.
- To children as well as adults.

Relevant documents and links

SunSmart: sunsmart.com.au

SunSmart widget: sunsmart.com.au/uv-sun-protection/uv/uv-widget

SunSmart app: sunsmart.com.au/app

Heat and UV Guide:

sunsmart.com.au/downloads/communities/sports-clubs/uv-exposure-heat-illness-guide.pdf

Australian Government Therapeutics Goods Administration (TGA) – Australian regulatory guidelines for sunscreens: [4. Labelling and advertising – directions for use of the product](#)

ARPANSA Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation (2006)

Safe Work Australia: [Guidance Note – Sun protection for outdoor workers](#) (2016)

For more information contact SunSmart:

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