

SUN PROTECTION POLICY

1. Queensland has the highest rate of skin cancer in the world: two out of three Queens-landers will develop some form of skin cancer in their lifetime. More than 240 Queens-landers die of this disease every year.
2. Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Most skin damage and skin cancer can thus be prevented.
3. The following guidelines are designed to protect orienteering participants from the harmful effects of the sun, and to decrease their risk of developing skin cancer in the future.

Aims

1. To provide ongoing education that promotes personal responsibility for skin cancer prevention and early detection
2. To provide sporting environments that support SunSmart practices.
3. To ensure that all members and staff of Queensland Orienteering association Inc are protected from the harmful effects of the sun throughout the year.

Procedures

1. Our association recognises that winter sun also contributes to skin damage. The implementation of this policy will therefore be conducted throughout the year.
2. Personal protection measures will be encouraged:
 - (a) A shirt with sleeves and a high neck/collar is encouraged
 - (b) A hat should be worn when not undertaking a course.
 - (c) SPF 30+ sunscreen should be used to protect exposed areas of the skin.
3. Participants should remain in shaded areas when not undertaking a course.
4. Each club will ensure that there is shade provided for officials, and endeavour to make available shady areas for spectators
5. Each club will endeavour to promote sun safety in a positive way. Coaches are to help educate participants about the importance of sun safety in sport
6. Club officials are expected to act as role models for players by displaying Sun Smart behaviour at all times
7. Everyone participating in Queensland Orienteering Association Inc activities will be in-formed about this SunSmart policy upon registration.

Club Expectations

Members will:

1. Be aware of this SunSmart Policy, having been informed about it upon registration
2. Take responsibility for their own health and safety by being SunSmart
3. Comply with SunSmart guidelines by wearing suitable hats, clothing, sunscreen and sunglasses where possible
4. Make good use of shaded areas when spectating and during breaks
5. Act as positive role models for others (especially junior members) in all aspects of SunSmart behaviour.