



DragonBoatSA

Policy and Procedures

Subject SunSmart Policy

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PREAMBLE

The health of participants, members and supporters is of primary concern to DragonBoat SA.

The DragonBoat SA acknowledges that skin cancer is primarily a preventable disease and will actively encourage and support skin protection at all competitions, training, events and functions with which they are associated.

OUTCOME 1

Advise all members about this SunSmart Policy and actively encourage them to comply with the policy which has been developed in line with the Cancer Council of South Australia SunSmart Policy.

OUTCOME 2

Consider the reasons for and appropriateness of any rules that prevent the implementation of sun protection strategies.

PROCEDURE

Where possible DragonBoat SA will:

1. Actively encourage all participants, members and officials to *routinely* wear skin protective clothing which includes:
 - a) Tops with a collar and longer sleeves (eg: rash style vests)
 - b) Caps, wide brimmed or legionnaire style hats
 - c) Sunglasses
2. Explore opportunities to redesign existing uniforms to be more sun protective where appropriate
3. Make maximum use of shade facilities and encourage all DragonBoat SA clubs to provide adequate shade areas for all participants, officials at competitions, training and events.
4. Actively encourage and remind individuals to bring their own shade structures to competitions, events and functions.
5. Encourage members to *routinely* use broad-spectrum water-resistant SPF 30+ sunscreen and stress the importance of regular re-application (around every 2 hours).
6. Regularly promote sun safety through publications and meetings during the season.
7. Encourage senior participants, coaches, officials and parents to be positive SunSmart role models.

STATE TOPS

1. In the event that the state top is sleeveless it is recommended that a rashie be worn underneath.

POLICY REVIEW

This policy will be reviewed every two years to ensure that the document remains current, practical and relevant for DragonBoat SA. The next review date is January 2021.

Dated: 16 January 2019

Signed: _____

Chris Kelley
President DragonBoat SA