



VBSLSC SUNSMART POLICY

Too much exposure to the sun can cause sunburn, skin damage, eye damage and skin cancer. Australia has the highest rate of skin cancer in the world whether through cumulative exposure or repeated sunburn, whereby two in three Australians will develop some form of skin cancer before they reach the age of 70.

It is the responsibility of VBSLSC to have a sun safety policy in place that will provide members with guidelines to improve their own personal protection from the sun. Therefore, VBSLSC will promote knowledge of the importance of the need for protection from skin and eye damage caused by Ultraviolet Radiation.

It is every individual's responsibility to abide by the rules of sun protection.

All members must participate in, and promote all sun safe suggestions.

Definitions of Sun Protections

- Shelter- This will be provided by VBSLSC for patrols and competitions. It is the onus of parents of nippers to ensure that their children are aware of and adhere to the VBSLSC sun safe policy. Shelter may be natural or artificial.
- Protective clothing- Long sleeve top made of UPF 50+, wide brim hat when not in water, and long loose shorts
- Sunscreen- Broad spectrum water-resistant SPF 30+ sunscreen applied at least 20 minutes before sun exposure.
- Sunglasses – Where practicable sunglasses should be worn when out of the water.



Important Safety Tips

The six S's:

1. SHADE – natural or man-made
2. SLIP! – on a T-shirt
3. SLOP! – on Sunscreen
4. SLAP! – on a Hat
5. SUNGLASSES – to Australian Standards
6. SUNSHINE - awareness of times of the day especially around midday when the sun is at its strongest.

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