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## SUN SAFE GUIDELINES

The health of participants is of primary concern to Little Athletics Queensland (LAQ). It is acknowledged that skin cancer is a major public health problem in Australia and in particular Queensland, with two out of every three people requiring treatment for some form of skin cancer in their lifetime. It is recognised that skin cancer is preventable and like any other medical condition, it is best dealt with by the application of preventative measures. While LAQ will endeavour to assist in sun protection when at training and competitions, it is accepted that ultimately, the responsibility is that of each individual and in the case of children, their parents or guardians.

LAQ strongly recommends that affiliated Centres also adopt and promote similar sun safe practices as outlined below:

### Activities

- Where practical, activities should be scheduled outside the hours of peak UV readings. Where this is not practical members are advised of the need for extra sun safety precautions during those hours (between approximately 10.00am and 2.00pm).

### Venue

- Where natural shade is not adequate, LAQ and Centres will maximise the use of alternative or portable shade structures.

### Attire and Protection

It is acknowledged that while competing in athletics events, athletes are likely to wear uniforms which expose them to the sun. Considering this, the following recommendations are made to minimise the impact of exposure:

- All Centres will be required to provide a sun safe uniform option for athletes, in accordance with the [LAQ Uniform Policy](#).
- Athletes will be encouraged to wear sun-safe clothing between events, including shirts with sleeves and collars and a hat which protects the face, ears, neck, shoulders and crown of the head.
- Members will be encouraged to wear a hat, which protects the face, ears, neck, shoulders and crown of the head while involved in Little Athletics activities during daylight hours.
- Members will be encouraged to use broad spectrum water-resistant 30+ sunscreen appropriately on exposed parts of their bodies.
- LAQ supports the use by its members of 100% UV protective sunglasses during Little Athletics activities.
- LAQ and Centres shall endeavour to have broad spectrum water-resistant 30+ sunscreen available for members and spectators.

### Awareness

- LAQ and Centres will proactively promote sun safety, through newsletters, written literature and over the public address system.
- LAQ will ensure that coaches, officials and members in prominent positions will act as strong role models in respect of sun safety practices.
- Centres will advise parents/guardians registering their child of the LAQ Sun Safe Guidelines and shall be encouraged to follow the recommendations listed above.

# Version History

<b>Policy</b>	<b>Review Date</b>
Sun Safe Guidelines	August 2023
Sun Safe Policy	October 2018
Sun Safe Policy	September 2014
Sun Safe Policy	October 2011
Sunsafe & Uniform Policy	August 2008
Sunsafe & Uniform Policy	July 2006
As of the time of writing, this table includes all policies that were accessible. The absence of inclusion in this table does not suggest that no further updates occurred, rather they were simply not accessible as of August 2023.	