



SUNSMART POLICY

17 October, 2018

The following policy is in place to help associations and members of the NCCA minimise the risks of overexposure to UV.

All members are aware of the need to protect their skin while being active outdoors.

We believe that the NCCA provides a good UV policy as per our rule

11.1 Dress & Saddlery

Campdraft competitors must wear a hat or safety helmet, boots, collared buttoned long-sleeved shirt and long trousers in competition at all times. Caps are not permissible. Competitors must be neat and presentable.

- We encourage participants and officials to wear sun protective clothing as part of the dress code during training sessions by covering as much skin as possible. Participants are advised to wear sunglasses that meet the Australian standard (AS/NZS 1067:2016).
- It is part of our sport to wear a large broad brimmed hat (cowboy hat) or a cap even whilst not competing
- Use a SPF30 (or higher) broad-spectrum, water-resistant sunscreen. First Aid attendants have this on hand if you don't have any. Participants are encouraged to apply sunscreen 20 minutes before training or playing and to reapply every two hours or immediately after sweating, swimming or toweling dry.

Sunscreen is stored below 30°C and replaced once it is past the use-by date.

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

- This SunSmart policy will be reviewed regularly.

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
- Shade audit: sunsmart.com.au/shade-audit/
- 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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- We encourage competitors and spectators to come to events with sunscreen, clothing, shade, hats and sunglasses