

Rowing New South Wales Sun Protection Policy:

Sun Protection Recommendation	Strategies in place
1. Scheduling outdoor activities	<ul style="list-style-type: none"> • Timetabling of regattas to avoid peak UV radiation times? (Lunch breaks between 1130-1230, rotating the age groups competing at this time / boat classes not always competing at same time throughout the season) • Indoor facilities get optimised (from regatta grandstands, shaded areas and marquees made available, sheds in Iron Cove / Marquees at Hen & Chicken Bay) • Use of SunSmart App
2. Shade	<ul style="list-style-type: none"> • <u>Consider competition and training venues that provide adequate shade.</u> Available shade: <ul style="list-style-type: none"> ○ Grandstand & Bays ○ Undercover area near café at SIRC ○ Possible marquees ○ Shade for volunteers: <ul style="list-style-type: none"> ▪ Down the course / back lake • When possible train in shade / avoid peak hours of UV Rating
3. Hats	<ul style="list-style-type: none"> • Officials / volunteers – provided or encouraged to wear sun-safe headwear <u>i.e. bucket, broad-brimmed or legionnaire style hats</u> • Encouraging competitors to wear hats and sun safe gear. Can take off to row / race, but it is encouraged to wear hats / sun safe headwear around the boat-park

4. Clothing	<ul style="list-style-type: none">• Uniform designed for suitability in the sun• UPF (Ultraviolet Protection Factor) rating above 15 is good but <u>UPF50+ is recommended</u>. Loosely fitting / cool uniforms recommended. Collars on clothing / long sleeves.
5. Sunscreen	<ul style="list-style-type: none">• SPF50+ or above sunscreen• Apply it 20min before going outdoors• Reapplied every 2 hours
6. Sunglasses	<ul style="list-style-type: none">• Encouraging use of sunglasses
7. Increase awareness of sun safety	<ul style="list-style-type: none">• Promote sun safety (posters / bulletins – at regattas or leading up to regattas)• Inform individuals about Sun Protection Policy when applying for a membership• Sun Sound
8. Role Modelling	<ul style="list-style-type: none">• Encourage officials, coaches, trainers and adult members to act as positive role models for sun protection
9. Review	<ul style="list-style-type: none">• Monitor and review the effectiveness of this policy to ensure it remains relevant and current
