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### Affiliations

World Squash Federation  
Australian Commonwealth Games Association  
Oceania Squash Federation  
Confederation of Australian Sport  
Australian Olympic Committee

# SUN SAFETY

*(Regulation 15 – Sun Safety Policy)*



## VERSION CONTROL

Version 1.0	February 2018
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Principal Partner



Official Ball



# SUN SAFETY

## 1. Overview

Squash Australia Limited (SAL) will ensure that all members who participate in relevant Squash activities (that are outside) are both informed and protected against the harmful effects of the sun's ultraviolet radiation (UVR) whenever they are outdoors. SAL seeks to promote to all parties a knowledge of the great importance of the need for protection from skin and eye damage caused by UVR. All SAL members and participants should participate in and promote sun safe policy suggestions.

Notwithstanding Squash is largely played indoors, sun safety where applicable is an important policy, as it may directly affect the health of SAL members. This policy is a minimum standard for participants who play Squash outdoors.

## 2. SUN SAFETY FOR SAL OUTDOOR ACTIVITIES

The health of participants in squash activities is of a primary concern to SAL.

It is far better to prevent skin cancer by regularly practising simple protective measures. Skin cancer is preventable, and like some other medical conditions is best dealt with by simple protective measures. It is also acknowledged that cataracts and other eye diseases are related to UVR and that correct sunglasses will prevent or reduce these eye problems.

SAL strongly recommends sun protection during all outdoor SAL activities. It is the responsibility of all SAL members to use all protective equipment available (hats, long sleeve shirts, sunscreen, sunglasses etc), adopt sun safe practices (re-applying sunscreen, minimising time outdoors during peak UV times etc). As well as their own personal protection, SAL members should also provide by example, a good role model for younger members and the community in general.

The following standards outlined in this Policy are acknowledged as minimum standards for SAL members for outdoor squash activities.

## 3. SUN SENSE PROTECTION

Subject always to the requirements and limitations of the Sport:

**Protective clothing** in this policy means:

- i. hats - wide-brimmed (minimum brim width of 8cm.) with dark (non-reflecting) underside of the brim, or "legionnaire style" hats - those having side pieces protecting the ears and neck;
- ii. long-sleeved shirts with high neck collars – made of UPF 50+ material (close-weave material that blocks UVR); and
- iii. shorts - loose and long-legged.

### **Sunscreen**

- i. Use broad spectrum, water resistant SPF 30+ sunscreen
- ii. Apply at least 20 minutes before exposure so that cream can be "absorbed" into the skin, for effective protection.
- iii. Reapply every 2-3 hours or more often after sweating heavily.

Note: With higher SPF sunscreens a small number of people may be sensitive to some types of sunscreens. If skin rashes occur, choose a brand designed for sensitive skin. (It is important for people

who spend as much time outdoors to maintain the highest SPF).

**Sunglasses** – 100% UV resistant conforming to Australian Standard 1067 (as labelled on the swing tag) - having side protection from the sun's rays, but which do NOT obscure peripheral vision.

SAL and affiliates (States and Clubs) will endeavour to schedule outdoor activities outside the hours of 10.00 am to 2.00pm (11.00 am and 3.00 pm Australian Daylight-Saving Time). This is especially important with Junior events.

Officials will promote use of broad-spectrum water-resistant SPF 30+ sunscreen (with zinc cream on specific areas, if necessary), at all times during outdoor SAL activities.

Whilst participating in outdoor Squash activities members will be strongly encouraged to wear a wide brim hat or similar (see above) that protects the face, ears, neck, shoulders and crown of the head.

SAL will promote sun safety in a positive way, through a variety of public relation tools, including written literature and education programs.

SAL will strongly encourage trainers, coaches, officials and members in prominent positions to act as strong role models, to promote and use all sun protection available.

SAL will revise sun protection measures on a regular basis.

#### 4. IMPORTANT SAFETY TIPS TO REMEMBER

The six "Ss"

- i. SHADE – natural or man-made
- ii. SLIP! – on a T-shirt
- iii. SLOP! – on a Sunscreen
- iv. SLAP! – on a Hat
- v. SUNGLASSES – to Australian Standards
- vi. SUNSHINE - awareness of times of the day especially around midday

#### VERSION CONTROL

Version 1	25 February 2018
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