

SUN PROTECTION POLICY

- Wherever possible competition and training shall be scheduled outside the hours of 11:00am and 3:00pm (daylight saving time).
- The Centre will maximise the use of natural shade provided by trees and buildings.
- Individuals will be encouraged to bring their own shade structures to Centre and Region activities.
- Where possible, portable shade will be provided at all field event venues and track marshalling areas.
- Officials shall promote the wearing of sun protective clothing: shirts with long sleeves and a collar, wide brimmed or legionnaire hats and sunglasses.
- Athletes will be advised to take drink bottles and sunscreen to events. Hats and sunglasses may be worn during competition.
- SPF 15+ or higher sunscreen will be promoted.
- The Centre will display and provide skin cancer educational material.
- Event programs, newsletters and public announcements will be used to maintain awareness of and promote sun protection.
- Centre Officials and coaches will act as sun protection role models.