

Bendigo Yacht Club
45 SUNSET DR, EPPALOCK 3551
www.beyc.org.au

Membership Protection Policy: Sun and UV Protection

Policy Purpose

This policy is to support members and the guests of the Bendigo Yacht Club (BeYC) to minimise their risks to the overexposure to Ultraviolet (UV) radiation. The BeYC recognises that the UV radiation from the sun is the main cause of skin cancer. UV damage also causes sunburn, tanning, premature ageing and eye damage. Sunburn and other UV damage is common while participating in or watching yachting events because people can be exposed to the sun's UV radiation for long periods. All club members are responsible for providing and maintaining a safe environment for volunteers, athletes and spectators. Working together to minimise UV harms helps fulfil this responsibility.

Scope

The sun-safety policy relates to athletes, coaches, officials, spectators and all others involved in boating activities under BeYC's control.

Sun protection times

The Bureau of Meteorology forecasts the time of day UV levels are due to reach 3 or higher. Sun protection is required when the UV reaches these levels. Members are encouraged to download the free SunSmart app to access a free daily UV alert. Regardless, all members should take appropriate actions to protect themselves.

For the purposes of this policy, it is assumed that UV levels are 3 or higher for all events under BeYC's control during the Summer Sailing Season.

Sun protection measures

1. Clothing

The BEYC encourages all its members to wear sun protective clothing, which includes:

- Shirts with long sleeves and a collar, long shorts or pants.
- Brimmed hats whenever practical – caps and visors do not provide adequate sun protection to the face, ears and neck and are not recommended when in the sun for extended periods.
- Sunglasses for eye protection

2. Sunscreen

- A broad-spectrum water-resistant sunscreen with a SPF of 30 (or higher) will be available to all members. It will be available in the clubrooms and on all rescue and officiating race boats.

- Prior to boat rigging and racing, members are encouraged to apply a generous amount of sunscreen to exposed body parts.

3. **Shade**

Where possible the BeYC will maximise the use of natural shade provided by buildings, trees and other structures.

Education and information

- Officials will act as suitable Sun Smart role models.
- Posters will be used to encourage appropriate Sun Smart choices

Relevant documents and links

Sun Smart: sunsmart.com.au

Sun Smart widget: sunsmart.com.au/uv-sun-protection/uv/uv-widget

Sun Smart app: sunsmart.com.au/app