



## BALNARRING PICNIC RACING CLUB



### Sunsmart Policy

The following policy is in place to help Balnarring Picnic racing Club minimise the risks of overexposure to UV.

#### Rationale

The sun's ultraviolet (UV) radiation is the main cause of skin cancer. UV damage also causes sunburn, tanning, premature ageing and eye damage. Australia has one of the highest rates of skin cancer in the world. Two in three Australians will develop some form of skin cancer before the age of 70.

Sunburn and other UV damage is common when people are engaged in outdoor activities and exposed to the sun's UV radiation for long periods of time.

#### Sun protection times

- The sun protection times from the Bureau of Meteorology forecast the time of day UV levels are due to reach 3 or higher. At these levels, sun protection is recommended for all skin types. In Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April.
- A combination of sun protection measures are needed during the daily local sun protection times.

#### Racedays

Where it is not possible to reschedule or cancel events on days of extreme UV activity, the following steps are taken to minimise the risk of overexposure to UV and heat illness:

- Water is provided.
- Shade is provided
- Club leaders act as role models by wearing sun-protective clothing and hats, applying sunscreen, and seeking shade wherever possible.

#### 1. Clothing

- Where apparel does not provide adequate sun protection, patrons are reminded to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen to all exposed skin.

#### 2. Sunscreen

- SPF30 (or higher) broad-spectrum, water-resistant sunscreen is promoted and/or provided racecourse attendees.
- **Patrons** are encouraged to apply sunscreen 20 minutes before going outside and to re-apply a **generous amount** every two hours
- The Club first-aid kit includes a supply of SPF30 (or higher) broad-spectrum, water-resistant sunscreen.

#### 3. Hats

- As Caps and visors do not provide adequate sun protection to the face, wide-brimmed or bucket style hats are recommended for all Club officials and patrons.

#### 4. Shade

- Racecourse attendees are able to rest in shaded areas.
- Patrons are also encouraged to erect their own shade structures.
- Shade from buildings, trees and other structures is used where possible
- Where possible presentation ceremony areas are protected by shade.

#### 5. Sunglasses

- Participants are advised to wear sunglasses that meet the Australian standard (AS/NZS 1067:2016).

#### Education and information

- The times when sun protection is required (as determined by daily sun protection times) are available from [www.sunsmart.com.au](http://www.sunsmart.com.au)

#### Review

- This SunSmart policy will be reviewed regularly
- This policy was last updated in September 2020 and approved 18/10/2020

