Queensland Kendo Renmei

Sun Protection POLICY

The following policy is in place to assist the Queensland Kendo Renmei clubs reduce UV exposure and skin cancer risks to their members. While the main focus of our activities is indoors there are many instances when both UV protection and heat awareness is critical.

As Heat awareness and hot weather Policy has somewhat differing conditions that our members should be aware of, the Queensland Kendo Renmei has prepared a Hot weather Policy that can be found HERE

Rationale

The sun's ultraviolet (UV) radiation can't be seen or felt. Whatever the weather, it's important for people of all skin types to use sun protection whenever UV levels are three or higher.

Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70.
While playing or watching sport, people are exposed to the sun's UV for long periods of time.
Sporting clubs and organisations have a responsibility under health and safety legislation to provide and maintain a safe working environment for staff, volunteers, players and spectators. By minimising UV harms, we aim to fulfil this obligation and duty of care.

To assist club leaders and members in planning outdoor activities the following links are provided to assist in determining sun protection times, the free SunSmart app, or at sunsmart.com.au.

Where possible, training, events and outdoor activities should be scheduled to minimise exposure to UV and heat. While it many members may see this as a condition that effects only fair skinned people, PLEASE be aware that UV and sun damage can affect everyone and therefore the QKR encourages all its members to review this policy and take action appropriately.

Where it is not possible to avoid peak UV and heat periods, the following measures are considered to minimise risks:

- Warm-up activities are limited in duration and intensity.
- The duration of the activity is reduced.
- Activities start earlier in the morning or later in the evening.
- Rest breaks and opportunities to seek shade and rehydrate are increased.
- Officials rotate out of the sun more frequently than usual.
- Player interchange and substitution is used more frequently than usual.
- Activity is held at an alternative venue if possible.
- Officials, coaches and senior members act as role models by wearing sun-protective clothing and hats, applying sunscreen and seeking shade wherever possible.

While it may be difficult during training, the use of SPF30 or Higher sunblock, it is strongly recommended that anytime that you are outside or in direct sunlight that you apply sunblock and wear appropriate attire.

Queensland Kendo Renmei

When not training wide brim hats and correct clothing is to be used to minimise exposure to the sun and UV.
Members are encouraged to take advantage of shaded areas if available and to rotate training as often as possible to minimize exposure for each member.

All members are reminded that not only your skin is exposed to UV rays they also impact your eyes, so Sunglasses should be used when not in Men and training.

As a reminder the following is a list of items that can be used to assist in reducing UV exposure.

SPS 30 Sun Block
Tops are available UPF which offer UV protection.
Wide Brim Hats when not training in Bogu
Sunglasses when practicable.
Shaded areas when available Rotation of members.

This policy contains only a broad general outline for our members, and we encourage you all to review the information below as it may pertain to your individual circumstance.

Please note: Certain health conditions and medications mean some people are more sensitive to UV radiation and need to use sun protection at all times regardless of the UV levels. Please make sure your policy includes their particular needs. For further information visit Risk factors for skin cancer.

Relevant documents and links

- SunSmart: sunsmart.com.au
- SunSmart widget: sunsmart.com.au/resources/uv-widget
- Queensland Cancer Council Sun Protection
- Queensland Cancer Council UV information
- SunSmart app: sunsmart.com.au/resources/sunsmart-app
- ARPANSA Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation (2006)
- Safe Work Australia: Guide on exposure to solar ultraviolet radiation (UVR) (2019)
- AS 4174:2018 Knitted and woven shade fabrics
- AS/NZS 1067.1:2016, Eye and face protection - Sunglasses and fashion spectacles
- AS 4399:2020, Sun protective clothing - Evaluation and classification
- AS/NZS 2604:2012 Sunscreen products - Evaluation and classification
- Australian Government Therapeutics Goods Administration (TGA) – Australian regulatory guidelines for sunscreens: 4. Labelling and advertising – directions for use of the product

Policy Status Table

Policy	Status	Date	Remarks	Remarks
QKR Sun Protection Policy	**Draft**	**04 Aug 2023**	**Draft TAJ**	
QKR Sun Protection Policy	**V2**	**01 May 2024**	**Tom Johnson**	**Logo and links**