



SUN SAFE POLICY



The Southlake Dolphins Swimming Club places a high priority on the health and safety of our members.

We will actively seek to promote, encourage and support sun protection at swim meets, training and competitions (local, regional, state and national).

We will follow the Cancer Council of WA guidelines for SunSmart clothing for uniform design and ensure that coaches are provided with sun protective clothing.

Where possible the Club will:

- Avoid outdoor activities during the hours of 10:30 am to 2:30pm.
- Provide SPF 30+ or higher broad-spectrum water resistant sunscreen for members.
- Encourage members and supporters to wear a hat and sunglasses that comply with the Cancer Council of WA recommendations while participating in Club activities outside the swimming pool.
- Make maximum use of existing shade facilities and where necessary provide additional temporary shelters for activities such as marshalling.
- Provide portable shade structures at competitions held away from our home pool in outdoor venues.
- Promote sun safety through newsletters, brochures and over the PA system at competitions.
- Encourage senior athletes, coaches, referees, officials and members in prominent positions and parents to be SunSmart role models.
- Advise participants about the SunSmart policy and encourage them to comply with it.
- Consider the reasons for and appropriateness of any rules that prevent the implementation of sun protection strategies.
- Encourage swimmers to use UV exposure apps.
- Review the SunSmart policy annually.