



## VRWC SUNSAFE POLICY

31<sup>st</sup> March 2005



The health of participants is of primary concern to the Victorian Race Walking Club Inc. The club acknowledges that skin cancer is a major public health problem in Australia. It also recognises that skin cancer is preventable and is best dealt with by the application of preventative measures.

While VRWC will take steps to assist in sun protection at its competitions, the ultimate responsibility is with the each individual athlete or official and in the case of children their parents or guardians.

1. Where practical, VRWC will endeavor to programme summer season races at times outside of peak UV readings. Where this is not practicable (in the case of 50km races that take up the six hours for example) members are advised of the need for extra sun safety precautions during those hours i.e. approx. 11am to 3pm.
2. VRWC undertakes to make available for all competitors, officials and spectators a broad spectrum 15+ sunscreen or zinc cream.
3. Club members and volunteer officials will be encouraged to wear a hat/cap which protects the face, ears, neck, shoulders and crown of the head while participating in VRWC events.
4. VRWC supports the use by its members of 100% UV protective sunglasses VRWC events. It is also recommended that sunglasses have safety lenses.
5. The club will endeavor to make maximum use of existing natural shade. This is often non-existent at many of the road venues that the club uses for meets.
6. Where natural shade is not adequate, VRWC will endeavor to maximise the use of alternate shade facilities and will endeavor to provide suitable portable facilities.
7. VRWC will endeavor to promote sun safety in a positive way through the club newsletter, web site and club yearly handbook.
8. VRWC will ensure that coaches, volunteer officials and senior athletes will act as strong role models in respect of sun safety practices.
9. VRWC will revise and upgrade sun protection measures as deemed appropriate.