SUN SAFE POLICY

The health of participants is of primary concern to Little Athletics Queensland. It is acknowledged that skin cancer is a major public health problem in Australia and in particular Queensland, with two out of every three people requiring treatment for some form of skin cancer in their lifetime. It is recognised that skin cancer is preventable and like any other medical condition, it is best dealt with by the application of preventative measures. While LAQ will endeavour to assist in sun protection when at training and competitions, it is accepted that ultimately, the responsibility is that of each individual and/or – in the case of children – their parents or guardians.

LAQ strongly recommends that affiliated Centres adopt and promote similar sun safe practices as outlined below.

Activities

- Where practical, Centres should endeavour to schedule activities outside the hours of peak UV readings. Where this is not practical members are advised of the need for extra sun safety precautions during those hours (between approximately 10.00am and 2.00pm).

Venue

- Where natural shade is not adequate, LAQ and Centres will maximise the use of alternative shade facilities. When facilitating LAQ competitions at various localities controlled by other authorities, LAQ will provide suitable portable shade structures

Attire and Protection

- All affiliated Centres will be required to design uniforms that comply with the LAQ Uniform Policy
- Competing athletes will be required to comply with the LAQ Uniform Policy during LAQ competitions
- Members will be encouraged to wear a hat/cap, which protects the face, ears, neck, shoulders and crown of the head while participating in Little Athletics activities during daylight hours
- Members will be encouraged to wear shirts with sleeves and collars and to use broad spectrum 30+ sunscreen appropriately on exposed parts of their bodies
- LAQ supports the use by its members of 100% UV protective sunglasses during LAQ activities
- LAQ and Centres shall endeavour to have broad spectrum 30+ sunscreen available for members and spectators

Awareness

- LAQ will promote sun safety in a positive way, through newsletters, written literature and over the public address system
- Centre Committees in the course of promoting their Centre or Little Athletics, by way of print (flyers/advertisements), electronic or visual (web page/television/video), will not use pictures depicting human figures (cartoon or actual) in clothing that is not sun safe
- LAQ will ensure that coaches, officials and members in prominent positions will act as strong role models in respect of sun safety practices
- Affiliated Centres will advise parents/guardians registering their child/children of the LAQ's Sun Safe Policy and shall be encouraged to:
    - Purchase appropriate sun safe clothing including protective uniform clothing where available for their child's/children's usage
    - Provide 30+ broad spectrum sunscreen or zinc cream for their child/children
    - Promote sun safe behaviour to their child/children
    - Provide safety sunglasses, which filter 100% of UV for their child/children

LAQ will regularly review and update sun protection measures as appropriate.