

# Murwillumbah Rifle Club Inc.

## SUN SMART POLICY STATEMENT



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# **SUN SMART POLICY STATEMENT**

## **1.0 SUMMARY**

Murwillumbah Rifle Club encourages Sun Smart behaviour and all members of Murwillumbah Rifle Club strongly recommend all participants and spectators to adopt the following:

- Apply sunscreen (SPF 30+).
- Wear a broad brimmed hat when not competing from the firing point.
- Preferably wear long sleeve, collared shirt & trousers.
- Wear sunglasses (AS/NZS 1067:2003).
- Make use of all shade facilities, including Murwillumbah Rifle Club portable shade structures.
- Avoid prolonged and direct exposure to the sun, particularly between the hours of 10:00am and 03:00pm

## **2.0 RATIONALE**

NSW & QLD have the highest rate of sun cancer in the world. Of all new cancers diagnosed in Australia each year, 80% are skin cancers. Given sporting events often take place during peak ultraviolet radiation (UVR) times throughout the day, sporting organisations play a major role in both minimising UVR exposure and providing an environment where policies and procedures can positively influence long-term Sun Smart behaviour. Skin damage including skin cancer, is the result of cumulative exposure to the sun. Research shows severe sunburn contributes to skin cancer and other forms of skin damage such as sunspots, blemishes and premature ageing. Most skin damage and skin cancer is therefore preventable.

With this in mind, the Murwillumbah Rifle Club realises the need to protect all members and visitors from the sun and educate them about Sun Smart behaviour, thus reducing the risk of skin damage from overexposure to the sun.

## **3.0 AIMS**

This policy aims to:

- Provide ongoing education that promotes personal responsibility for skin cancer prevention and early detection;
- Provide a club shooting environment that supports Sun Smart practices; and
- Create an awareness of the need to schedule competitions and practice, where possible, to support Sun Smart practices.

#### **4.0 PROCEDURES**

Our club recognises that winter sun also contributes to skin damage. The implementation of this policy will be ongoing throughout the year. The purpose of this Sun Smart policy is to ensure all members and spectators of the Murwillumbah Rifle Club are protected from the harmful effects of the sun throughout the year.

#### **5.0 OUR COMMITMENT**

The Murwillumbah Rifle Club will:

- Inform individuals about the club's Sun Smart policy when they apply for membership;
- Provide SPF 30+ broad-spectrum, water-resistant sunscreen for officials, members and spectators;
- Follow the Cancer Council NSW guidelines for Sun Smart clothing when choosing, designing or redesigning uniforms;
- Where possible erect or provide shade for weekly competitions at the rifle range that provide adequate shade for members;
- Provide suitable shade structures for competition and club days where existing shade is not adequate for members and encourage spectators to bring their own portable shade structures if required;
- Ensure that, wherever practical, club competitions take place before 10:00am or after 3:00pm when shade over the firing point is not erected;
- Ensure all non-live fire training sessions are conducted under the cover of shaded areas at the rifle range;
- Promote Sun Smart behaviour through posters and information brochures;
- Provide ongoing education about skin cancer prevention and early detection;
- Encourage all coaches, trainers and adult members of the club to act as positive role models for younger members in all aspects of Sun Smart behaviour by:
  - Wearing appropriate hats and clothing for all outdoor activities;
  - Using SPF 30+ broad-spectrum, water-resistant sunscreen;
  - Seeking shade whenever possible; and
  - Wearing sunglasses that meet the Australian Standard (AS/NZS 1067:2003);
- Encourage members who do not bring hats to remain in the shaded spectator viewing areas;
- Regularly reinforce the Sun Smart policy through the club website, Facebook page, committee meetings and club activities;
- Review the Sun Smart policy annually, at the start of each shooting year; and
- Provide signage in all public places on the rifle range reinforcing the club's Sun Smart policy.

## **6.0 OUR EXPECTATIONS**

Members and spectators will:

- Be aware of the club's Sun Smart policy, having been informed about it upon registration for competition or upon joining as a club member;
- Take responsibility for their own health and safety by being Sun Smart;
- Comply with Sun Smart rules and guidelines by wearing suitable hats, clothing, sunscreen and sunglasses;
- Apply SPF 30+ broad-spectrum, water-resistant sunscreen 20 minutes before going outdoors;
- Use shaded or covered areas, where possible, when observing and when waiting to compete;
- Help to design and regularly update the club's Sun Smart policy; and
- Act as positive role models for other members and spectators in all aspects of Sun Smart behaviour.

## **7.0 APPROVED**

Considered and accepted by the Committee.

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