



Bowls Queensland Sun Protection Policy

Aims: This policy aims to ensure all participants, officials and spectators in all Bowls Queensland (BQ) events are protected from the harmful effects of the sun throughout the year, and we provide a sporting environment that supports sun safety awareness and practice.

It is also a requirement all BQ affiliated districts and clubs in the State of Queensland also comply with this policy.

BQ Commitment: BQ, districts and clubs have a duty of care to provide a safe environment for everyone involved in our activities. Providing a safe environment includes protecting people from the harmful effects of UV radiation.

Participants, officials and spectators will be encouraged to access the Sun Smart UV Alert at www.cancercouncil.com.au/sunsmart to view UV levels. Wherever possible, BQ, its districts and clubs will use a combination of sun protection measures for all outdoor activities which include the following:

1. Scheduling outdoor activities

- Schedule outdoor events and/or training times (where practical) outside peak UV times of 10am-2pm (11am-3pm daylight savings time).
- Consider all sun protection measures when planning outdoor events and/or training.
- Investigate the feasibility of having evening training sessions, games and events and the use of undercover facilities where they are available.

2. Shade

- Hold training sessions and competitions at venues that provide adequate shade.
- Encourage participants, officials and spectators to use the shade available and encourage people to bring their own shade alternatives.

3. Hats

- Ensure officials and participants are provided with or encouraged to wear sun-safe hats that protect the face, neck and ears. Recommend sun-safe hats including legionnaire, broad-brimmed and bucket hats. Baseball caps do not provide adequate sun protection and are not recommended.
- Encourage members who do not bring hats, to stand in an area protected from the sun whilst not in the process of delivering a bowl and recommend BQ representative and players utilise the supplied sun protection.
- Encourage clubs with retractable sun-shades to cover greens during peak UV times.

4. Clothing

- Ensure officials and participants are provided with or encouraged to wear sun-safe clothing that covers as much skin as possible, including shirts/tops with longer sleeves and a collar, and long shorts or pants.
- Incorporate clothing that is cool, loose fitting and made of densely woven fabric into the uniform. Any fabric with an ultraviolet protection factor (UPF) rating above 15 provides good protection against UV radiation, but UPF50+ is recommended (AS/NZS 4399:199).

5. Sunscreen

- Sunscreen available is at least SPF30+, broad-spectrum and water resistant and participants, coaches, officials and spectators are encouraged to use it appropriately.
- Ensure sunscreen is applied at least 20 minutes before going outdoors, and is reapplied every 2 hours when outdoors, or after perspiring.

6. Sunglasses

- Encourage officials and participants to wear close fitting, wraparound sunglasses that cover as much of the eye area as possible and comply with Australian Standard AS/NZS 1067:2003 (Sunglasses: Category 2,3 or 4)

7. Increase Awareness of Sun Safety

- Regularly promote sun protection information to officials, participants and spectators through briefings or training sessions, newsletters, notice boards, online communications, enrolment and announcements at sporting events.
- Inform individuals about the BQ Sun Protection Policy when they apply for membership.

8. Role Modelling

- Encourage all officials, coaches and adult members of BQ, its districts and clubs, to act as positive role models for all other members (participants) in all aspects of sun-safe behaviour, including using a combination of sun-protection measures.

9. Review

- BQ to regularly monitor and review the effectiveness of the Sun Protection Policy to ensure it remains relevant and current.