

Archery Queensland - Sun Protection Policy

Introduction

This policy describes the measures recommended to be taken by Individuals and Clubs to enhance the experiences of participants in archers by reducing UV exposure.

While community sport is participation by choice, clubs can assist participants in their risk management.

The following are the primary risk mitigation measures that can be applied for sun protection -

- Seek shade whenever possible
- Wear a long-sleeved shirt which has a fabric with adequate UV blockage SPF50+
- Wear a hat, preferably broad brimmed, and if they cannot be worn on field, wear off field
- Wear sunglasses – ASNZS 1067
- Use sunscreens with adequate UV rating SPF30+ and reapply as necessary - always follow usage directions and medical advice

Policy

Participants – individual responsibility

Individual participants and/or their parents/guardians should ensure that the above risk mitigation measures are used.

Clubs – assisting in mitigating risks

It is recommended that Club's should -

- if the club has a club shirt, provide a long-sleeved option
 - if a long-sleeved option is not provided, then encourage participants to purchase and use sport sun sleeves
 - ask participants to either bring and apply sunscreen lotion, or the club should provide sunscreen lotion
 - consider the time of day and season that participation will take part -
 - Avoid the height of summer for major competitions, if practical to do so
 - where possible, offer options for participation – e.g. indoor archery
 - arrange permanent shades at the club or encourage participants to bring pop-ups
 - allow participants to use umbrellas for added sun protection when going down to the target
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