



Queensland Clay Target Association Inc.

SunSmart Sports Policy

The following policy is in place to help Queensland Clay Target Association members, members clubs, representatives and event organisers minimise the risks of overexposure to ultraviolet (UV) radiation.

Rationale

The sun's ultraviolet (UV) radiation is the main cause of skin cancer. UV damage also causes sunburn, tanning, premature ageing and eye damage. Australia has one of the highest rates of skin cancer in the world. Two in three Australians will develop some form of skin cancer before the age of 70.

Sunburn and other UV damage is common while playing or watching sport, when people are exposed to the sun's UV radiation for long periods of time.

Sporting clubs and organisations have a responsibility under health and safety legislation to provide and maintain a safe working environment for staff, volunteers, players and spectators. By minimising the harm of UV, you will help to fulfil this obligation and duty of care.

Sun protection times

- The sun protection times from the Bureau of Meteorology forecast the time of day UV levels are due to reach 3 or higher. At these levels, sun protection is recommended for all skin types. In Queensland, UV levels regularly reach 3 or higher all year round, most particularly from mid-August to the end of April.
- Combinations of sun protection measures are needed during the daily local sun protection times.
- To assist with the implementation of this policy, club officials, coaches and participants are encouraged to access the daily local sun protection times at [sunsmart.com.au](https://www.sunsmart.com.au) or on the free SunSmart app. This information is also available on the web or in the weather section of your local newspaper.

Competitions, practice and club activities

- Clay target shooting is an outdoor only sport and all participants should be aware of the risks involved with UV exposure, especially during Queensland summers. Where possible, competitions, practice, coaching and other club activities should be scheduled to minimise exposure to UV and heat.
- Cancellation of competition or other events will occur when event organisers deem that high-risk conditions are forecast. Participants should not be disadvantaged according to ACTA Shooting Rules should this occur.

Where it is not possible to avoid peak UV and heat periods, the following interim steps should be taken to minimise the risk of overexposure to UV and heat illness:

- Event targets or the duration of the activity may be reduced.
- Activities start earlier in the morning or later in the evening.
- Rest breaks and opportunities to seek shade and rehydrate are increased.
- Officials rotate out of the sun more frequently than usual.
- Activity is held at an alternative venue or at an alternative time.
- Officials, coaches and senior members act as role models by wearing sun-protective clothing and hats, applying sunscreen and seeking shade wherever possible.

Sun protection measures

1. Clothing

- Sun-protective clothing is advisable for participants, officials and volunteers.
- Team uniforms are made from UPF (UV protection factor) 50+ material and where possible will have long sleeves and a collar.
- Club shirts and uniforms are recommended to be loose-fitting and lightweight.
- Where the competition uniform does not provide adequate sun protection, participants are reminded to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen to all exposed skin and wear covering clothing whilst not on the layouts.

2. Sunscreen

- SPF30 (or higher) broad-spectrum, water-resistant sunscreen is promoted and/or provided to participants and spectators at all member clubs and competitions.
- Participants are encouraged to apply sunscreen 20 minutes before competition, scoring or activities and to reapply every two hours.
- Sunscreen is stored below 30°C and replaced once it is past the use-by date.
- Participants are encouraged to apply a generous amount of sunscreen (the equivalent of one teaspoon per limb).
- Club first aid kits should include a supply of SPF30 (or higher) broad-spectrum, water-resistant sunscreen.

3. Hats

- Wide-brimmed or bucket hats are included as part of the uniform (even if they can't be worn during actual competition).
- Caps and visors do not provide adequate sun protection to the face, ears and neck and are not recommended for extended sun protection but may be used, in combination with sunscreen on parts of skin not covered, or as an interim measure for participants, referees or scorers.

4. Shade

- An assessment of existing shade will be conducted at competition venues.
- When not actively competing or between individual events, participants should be able to rest in shaded areas.

- Where there is insufficient natural or built shade, temporary shade structures will be provided or participants notified to bring their own temporary shade (eg. tents or umbrellas).
- Shade from buildings, trees and other structures is used where possible (eg. for waiting areas, marshalling areas, spectator areas).
- Marshalling and presentation ceremony areas will be protected by shade.
- Participants and officials may rotate to cooler, shaded areas.

5. Sunglasses

- Participants are advised to wear sunglasses that meet current Australian standards.

6. Education and information

- The times when sun protection is required (as determined by SunSmart's daily local sun protection times) are communicated to participants and spectators.
- At the commencement of each days competition or activity, shoot marshals or officials will advise the availability and recommended use of sunscreen and the importance of hydration.

7. Review

- This SunSmart policy will be reviewed on a regular basis.

8. Relevant documents and links

- SunSmart: sunsmart.com.au
- SunSmart app: sunsmart.com.au/app
- Heat and UV Guide: sunsmart.com.au/downloads/communities/sports-clubs/uv-exposure-heat-illness-guide.pdf
- Shade audit: sunsmart.com.au/shade-audit/
- Australian Government Therapeutics Goods Administration (TGA) – Australian regulatory guidelines for sunscreens: [4. Labelling and advertising – directions for use of the product](#)
- ARPANSA Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation (2006)
- Safe Work Australia: [Guidance Note – Sun protection for outdoor workers](#) (2016)

For more information contact SunSmart:

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Disclaimer

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