



Waterski and Wakeboard Australia Sun Smart Policy

This policy is in place to help Waterski and Wakeboard Australia 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 leads to sunburn, tanning, premature ageing and eye damage. Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before the age of 70.

UV exposure is common while playing or watching sport, particularly water sports, where reflection increases UV intensity. Sporting organisations have a responsibility under health and safety legislation to provide and maintain a safe environment for staff, volunteers, players, and spectators. Minimising UV and heat harms helps to fulfil this duty of care.

Sun Protection Times

- The Bureau of Meteorology (BOM) forecasts daily UV levels. When the UV Index is **3 or higher**, sun protection is required for all skin types.
- A combination of sun protection measures must be used during these times.
- Club officials, coaches and participants should check the daily UV forecast at:
 - bom.gov.au/uv
 - [SunSmart app](#)
 - [SunSmart UV widget](#)

Scheduling, Fixtures and Rule Modifications

Where possible, training, events and competitions are scheduled to minimise exposure to UV and extreme heat. If activities cannot avoid peak periods:

- Warm-ups are limited in duration and intensity.
- Activities start earlier in the morning or later in the evening.
- Rest breaks in shade and hydration opportunities are increased.
- Officials rotate more frequently to reduce time in direct sun.
- Shade structures are available for officials, competitors, and spectators.
- Coaches, officials and senior members role model good sun protection (clothing, hats, sunglasses, sunscreen use).

Sun Protection Measures

1. Clothing

- Participants are encouraged to wear long-sleeved, UPF-rated rash vests, wetsuits, or sun-protective clothing.
- When not on the water, covering clothing (shirts, shorts, hats) must be worn.

2. Sunscreen

- **SPF50+, broad-spectrum, water-resistant sunscreen** is promoted and provided at events.
- Participants should apply sunscreen at least 20 minutes before activity, and reapply every two hours, or immediately after swimming/towelling dry.
- A generous amount should be applied (one teaspoon per limb, plus face, neck and ears).
- Sunscreen is stored below 30°C and replaced before expiry.
- All first aid kits must contain SPF50+ sunscreen.

3. Hats

- Wide-brimmed, bucket, or legionnaire-style hats are recommended when not competing.
- Caps and visors are not adequate for extended sun protection but may be used in combination with sunscreen as an interim measure.

4. Shade

- Shade audits are completed at all commonly used outdoor venues.
- Temporary portable shade structures (e.g. marquees, boat canopies, umbrellas) must be provided when natural shade is insufficient.
- Marshalling, interchange, first aid and presentation areas must be shaded.
- Participants and officials are rotated through shaded rest areas wherever possible.

5. Sunglasses

- Participants are advised to wear close-fitting, wrap-around, or polarised sunglasses that meet **AS/NZS 1067:2016**.
- Sunglasses should be worn on and off the water to protect against reflected glare.

Education and Information

- Sun protection times and UV risks must be communicated to all participants and spectators prior to and during events (via announcements, signage, programs, and digital channels).
- Clubs and officials are responsible for regularly promoting SunSmart practices through newsletters, social media, and pre-event briefings.
- Education includes the link between heat illness and UV exposure, emphasising hydration and cooling strategies alongside sun safety.

Compliance and Enforcement

- Officials, coaches and volunteers must model sun-safe behaviours at all times.
- Provision of sunscreen, shade, and sun protection information is mandatory at all sanctioned events.
- Event coordinators are responsible for monitoring compliance with this policy.

Review

- This SunSmart policy will be reviewed every 12 months, or earlier if guidelines change.
- Last updated: **1 September 2024**
- Next review: **1 September 2026**

Relevant Documents and Links

- SunSmart: sunsmart.com.au
- SunSmart app: sunsmart.com.au/app
- BOM UV index: bom.gov.au/uv
- Heat and UV Guide: [What is UV Radiation? - SunSmart](#)
- Shade audit: [SunSmart Shade Comparison Tool](<https://www.sunsmart.com.au/resource>)