



SUN SMART PROCEDURES

Procedures number	Pol-04	Version	1.0
Drafted by	ARCHERY SA	Approved by ED on	13 July, 2017
Responsible person	Sue Martin	Scheduled review date	1 April, 2018

RESPONSIBILITIES

It is the responsibility of the Policy & Membership to review these procedures annually.

PROCEDURES

ARCHERY South Australia - Be SunSmart

Australia has the highest rate of skin cancer in the world. Archers are exposed to the sun during tournaments and other activities and are therefore at a great risk of developing skin cancer, particularly if they don't follow certain procedures.

- Seek shade wherever possible, particularly between 11am and 3pm (daylight saving time)
- Wear a wide brimmed hat or legionnaire style cap to protect the face, ears and back of the neck
- Wear loose fitting, cool T-shirts, preferably with collar and long sleeves
- Use a maximum protection, broad-spectrum sunscreen of at least SPF30+ for the face and other areas that cannot be covered with clothing
- Apply sunscreen at least 15 minutes before going out in the sun and re-apply regularly, particularly during tournaments
- UV rays cannot be seen or felt, it is not related to air temperature. You can still get skin damage on cool, slightly overcast days
- Due to 50% of the UV rays being scattered from surfaces such as concrete, sand and water, you can still get burnt under umbrellas, tents and verandahs
- Always - SLIP, SLOP, SLAP, WRAP!

(first adopted 8 August, 2002)

RELATED DOCUMENTS

- Hot Weather Policy

AUTHORISATION

Sue Martin, Secretary
ARCHERY SA
13 July, 2017