

10.11 – SUN PROTECTION

1. The information/advice below is based on the template provided by the ACT Cancer Council. This advice should be considered before participating in all outdoor activities and events on and off site. A combination of sun protection measures will be required when UV levels reach 3 and above. In Canberra this will be for most or part of each day between August and May.
2. It is important to have a healthy balance of ultraviolet radiation (UV) exposure. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Overexposure to UV during childhood and adolescence is a major factor in determining future skin cancer risk. However, too little UV from the sun can lead to low vitamin D levels. Vitamin D is necessary for the development and maintenance of healthy bones and muscles, and for general health.
3. This document has been developed to:
 - a. ensure all Scout members have a balanced approach to sun protection;
 - b. encourage all members to use a combination of sun protection measures whenever UV levels reach 3 and above;
 - c. work towards a safe outdoor environment that provides effective shade for members at appropriate times;
 - d. assist youth members to be responsible for their own sun protection behaviour, and
 - e. ensure that families and new members are informed of our current policy and practices.
4. Scout members are encouraged to access the daily SunSmart UV Alert for Canberra at <http://www.bom.gov.au/nsw/uv/canberra.shtml> to find out daily local sun protection times to assist with the implementation of this policy.
5. Members should use a combination of the below sun protection measures for all outdoor activities whenever UV levels reach 3 and above, the level that can cause long term damage to unprotected skin and eyes.
 - a. Shade
 - I. Where practicable, shade created by objects such as trees, buildings and shelters should be used in the outdoor area;
 - II. The availability of shade is to be considered when planning outdoor activities and events;
 - III. Scouts are encouraged to use available areas of shade when outside, especially in summer;
 - IV. Scouts who do not wear an appropriate hat or clothing should remain in the shade or a suitable area protected from the sun.
 - b. Clothing - Scout members are encouraged to wear loose fitting clothing that covers as much skin as possible. Clothing made from cool, densely woven fabric including a collar is recommended. Long sleeve shirts/rashies and hat are required for water activities. T-shirt or rashie style top are required for swimming activities.

- c. Hats - Subject to religious requirements, all Scout members are required to wear hats that give adequate protection from the sun., i.e. legionnaire, broad-brimmed or bucket hats. Baseball or peak caps are not considered a suitable alternative and are not recommended.
- d. Sunglasses - Scout members are encouraged to wear sunglasses on outdoor activities - especially when the UV level is 3 or more. These are recommended to be close fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible is best.
- e. Sunscreen
 - I. SPF 30 or higher broad spectrum, water resistant sunscreen must be made available to members.
 - II. Sunscreen should be applied at least 15-20 minutes before going outdoors and reapplied after two hours or more often if it is washed or wiped off.
- f. Outdoor activities - Outdoor time should be minimised, when possible, between 11am and 3pm during the daylight saving/summer period. This is when UV levels peak in Canberra and the risk of skin and eye damage is significantly increased. Care should be taken during the middle of the day when outdoors.
- g. Winter and sun protection
 - I. Due to low UV levels experienced in Canberra around the June and July period each day (under 3), sun protection behaviour, eg wearing a hat and applying sunscreen is not generally recommended. For this reason, Youth and adult members will not be required to wear their sun hat during this period.
 - II. However, it should be noted that there is a requirement for such items for alpine activities including skiing. Sunscreen is essential when skiing in the mountains, including in Winter.
 - III. Scout Leaders are encouraged to educate youth members during this period around the importance of a balanced approach to sun protection- ie Scouts should know when sun protection is necessary and why.

6. Work Health and Safety & Modelling

- a. As part of our Work Health and Safety (WHS) responsibilities, all Scout members will be required to protect their skin and eyes when working outdoors, when UV levels are 3 and above or if spending extended time in the sun.
- b. Adult members should:
 - I. wear sun protective hats and clothing (and sunglasses where appropriate);
 - II. apply SPF 30+ broad spectrum, water resistant sunscreen and reapply every 2 hours;
 - III. seek shade whenever possible, and
 - IV. be aware of the signs of early skin cancer and what to do if they have any concerns.
- c. Families and visitors to our Scout Groups are also encouraged to model appropriate sun protection behaviour by adopting a combination of sun

protection measures (sun protective clothing and hats, sunglasses, sunscreen and shade) when participating in and attending outdoor activities and events on site.

7. Communications and Learning activities - Scouts ACT will display this Sun Protection policy for members on our website for parents / guardians to use.
8. Review, monitor and update - This policy is regularly monitored, reviewed and revised when required.
9. References
 - a. Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation (2006) ARPANSA Radiation Protection Series No. 12
 - b. Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight
 - c. Work Health and Safety Act 2011
 - d. ACT Education and Training Directorate Sun Protection Policy 2006
 - e. Cancer Council ACT National SunSmart Schools Program www.actcancer.org

AUTHORITY

17. This policy or amended policy was approved by the Branch Executive Committee on 16 June 1997 and 24 August 2017.