

Healesville Bowling Club Sun Smart Policy

Our Commitment:

- inform members and users of the Sun Smart policy when they join or see the club;
- increase the amount of shade in the grounds, where possible, by building shelters and planting trees
- incorporate education documentation that focuses on skin cancer prevention into the Club;
- encourage all members to act as positive role models in all aspects of Sun Smart behaviour;
- encourage that all members and users wear hats that protect the face, neck and ears, and SPF30 or higher broad-spectrum, water-resistant sunscreen, when involved in outdoor activities;
- encourage the use of provided shaded areas around the club; Provide Sunscreen for use by Members and users of the club facilities;

Rationale

Australia has the highest rate of skin cancer in the World.. Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Research shows that severe sunburn contributes to skin cancer and other forms of skin damage such as sunspots, blemishes and premature aging. Most skin damage and skin damage is therefore preventable.

Ultraviolet radiation (UVR) levels are highest during the afternoon hours when many club activities are undertaken. With this in mind Healesville Bowling Club realises the need to protect the skin and educate members about Sun Smart behaviour, thus reducing the risk of skin damage from exposure to the sun.

The policy aims to:

- provide ongoing education that promotes personal responsibility for skin cancer prevention and early detection
- provide environments that support Sun Smart practices

Procedures

The purpose of the Sun Smart policy is to ensure that all members protect themselves from the harmful effects of the sun throughout the year.

Members will:

- be aware of the club's Sun Smart policy;
- take responsibility for their own health and safety by being Sun Smart;
- comply with Sun Smart rules and guidelines by wearing suitable hats, clothing and sunscreen. The wearing of sunglasses is optional at Healesville Bowling Club;
- apply SPF 30 or higher broad-spectrum, water-resistant sunscreen 20 minutes before going outdoors;
- use shaded or covered areas when outdoors

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