Rackley Swim Team Sun Protection Policy

1. Policy Statement

The Rackley Swim Team is dedicated to providing a safe environment for all members, particularly concerning sun exposure. We recognise the health risks associated with UV exposure, including skin cancer, and we will implement strategies to minimise these risks, especially for our younger members.

2. Scope

This policy applies to all members, coaches, staff, parents, and guardians during swimming activities in the water and on the pool deck.

3. Sun Protection Measures

To promote sun safety, the following measures will be implemented:

- **Sunscreen**: Members are encouraged to apply broad-spectrum sunscreen (SPF 30 or higher) at least 20 minutes before outdoor activities. Sunscreen should be reapplied every two hours, especially after swimming or sweating.
- **Clothing**: The club encourages the use of UV-protective clothing. Lightweight, Coillared and sleeved shirts and hats with a wide brim should be worn during outdoor activities.
- **Shade**: Whenever possible, shaded areas will be provided for swimmers and coaches to rest during breaks.

4. Education and Training

The club will educate all members about the importance of sun safety, particularly during swim meets when members, coaches, and officials are exposed to the sun for extended periods.

5. Responsibilities

Coaches and Staff: Responsible for enforcing this policy and educating members about sun safety practices.

Members and Parents: Encouraged to follow sun protection practices and ensure children are adequately protected from sun exposure.

6. Review and Evaluation

This policy will be reviewed annually to ensure its effectiveness and compliance with current sun safety guidelines. Feedback from members will also be solicited to enhance sun protection practices.