



Australian Flying Disc Association

Sun Protection Policy

This policy was enacted on 10 January 2005.

This policy was revised on 23 August 2007.

This policy was revised on 4 July 2012

This policy was reviewed on 17 September 2014

1. Aim & Scope

The aims of this policy are:

- To provide guidelines for event organisers to protect participants from harmful solar radiation

2. Definitions

The Standard Definitions of the AFDA Operational Policy apply.

3. Revision

This policy is to be maintained and reviewed by the AFDA Board.

4. Background

- Australia has the highest incidence of skin cancer in the world.
- Levels of ultraviolet radiation are particularly high in many locations around Australia, due to ozone layer depletion and generally clear weather.
- Most sporting events organised by the AFDA and its affiliates are conducted outdoors and at times of the day that risk high exposure to the sun.

5. Aims

The aims of this policy are to promote:

- An awareness of the dangers of exposure to the sun and the need for protective measures.
- The need for positive attitudes and responsible behaviours towards skin protection.
- Practices that can reduce the incidence of skin cancer.

6. Events

- Event organisers shall make broad spectrum SPF 30+ (or higher) sunscreen freely available at a central location.
- If shade cannot be located closer than 50m to each field, then the teams should be alerted and be allowed to set up their own shade tents or bring other shade devices such as umbrellas.
- Where possible, minimise scheduled play during expected high risk times of day.

7. Uniforms

- All team uniforms should allow the option of a hat and/or sunglasses to be worn during play.
- Players should be encouraged to wear a hat and/or sunglasses when off the field or travelling between venues.

8. Juniors

- Junior players and their parents should be given information on recommended sun protection measures.
- Junior players should be encouraged to:
 - Apply sunscreen,
 - Wear a hat,
 - Seek out shade when not playing.
- Adults involved with junior sport should be role models of best sun protection behaviour.

The Cancer Council of Australia provides considerable on-line information on sport and sun protection which can be used when implementing and reviewing this policy.

<http://www.cancercouncil.com.au/sunsmart>