

# Wallsend Pathfinder Sun Protection and Swimwear Policy

The following policy is in place to help minimise the risks of overexposure to UV and to provide a safe modest environment during water activities.

## **Rationale**

A balance of ultraviolet radiation (UV) exposure is important for health.

Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world. Two in three Australians will develop some form of skin cancer before the age of 70.

People often experience sunburn and skin damage when playing or watching sport due to extended periods exposed to high levels of UV without appropriate sun protection.

The nature of the water activities at Pathfinders can be relatively strenuous ie. climbing in/out of tubes, jumping from a height, swimming down rapids etc.

## **SUN PROTECTION**

A combination of sun protection measures are needed during the sun protection times and prolonged outdoor activities.

### **1. Clothing**

Sun-protective clothing is to be worn while doing land based activities. Applicable clothing would be T-shirts and boardshorts.

### **2. Sunscreen**

SPF30 (or higher) broad-spectrum, water- resistant sunscreen is promoted and/or provided to pathfinders. Pathfinders will be encouraged to apply sunscreen 20 minutes before activity and to reapply every two hours or immediately after swimming or toweling dry.

Sunscreen is stored below 30°C and replaced once it is past the use-by date.

Pathfinders are to be encouraged to apply a generous amount of sunscreen (the equivalent of one teaspoon per limb).

### **3. Hats**

Hats are to be worn

### **4. Shade**

Adequate shade to be provided where possible.

## **SWIMWEAR**

Both male and female pathfinders are to wear rash shirts and board shorts when swimwear is needed. Female pathfinders are able to wear a one piece or tankini under their board shorts/rash shirt.