

Orienteering Association of South Australia, Inc

SunSmart Policy

The Orienteering Association of South Australia Inc (OASA) acknowledges that exposure to the sun's harmful UV rays can cause damage to the skin and eyes. As an organisation which seeks to enhance health, *OASA* will model and promote sun protective behaviours to its constituents.

OASA will:

- with rare exceptions, ensure that all competitive events conducted from 1 December to 28 February will be staged after 4.00 pm;
- encourage participants and officials to make use of natural shade from trees, buildings, and other structures;
- make available Broad Spectrum sunscreen (SPF 15 or above) for coaches', officials' and participants' use wherever possible;
- encourage participants and officials who are involved in outdoor activities to:
 - ◆ **Slip** on a shirt, preferably a tight woven long-sleeved shirt with a collar;
 - ◆ **Slop** on a sunscreen, which is SPF 15 or above, broad spectrum and water-resistant. Preferably, this should be applied 20 minutes prior to exposure and re-applied every 2 hours. Noses, lips and ears can be given additional protection with zinc cream;
 - ◆ **Slap** on a wide brimmed or legionnaire style hat that protects the face, neck and ears;
 - ◆ **Wear** a pair of sunglasses (that meet the Australian Standard AS 1067) to protect the eyes from the sun's rays when not competing.
- encourage coaches and officials to act as role models by practising the Slip, Slop, Slap "SunSmart" behaviours during all outdoor activities.

Where applicable coaches and officials involved in "SunSmart" school clinics will attend an inservice and then promote "SunSmart" behaviour during these clinics.

Becoming a Health Promoting Organisation



Approved by Council: 14th February, 2001 Confirmed Dec 2005