

Sun Protection Policy

Policy number	1.4	Version	3
Drafted by	Imm Past CComr	Approved by AAL Council on	4 th September 2021
Reviewed by	Chief Commissioner		
Responsible person	Chief Commissioner	Scheduled review date	31 st December 2023

- 4.1 This Policy applies to all Members and Adult Supporters of the Australian Air League Inc. **(AAL)**.
"Member" means any person who holds a Certificate of Membership issued by the AAL. This includes
- Uniformed members under 18 years of age (Cadet Members)
 - Members 18 years of age and over (Adult Members)
 - Uniformed Adult Members
 - Non Uniformed Adult Members (Associate)
- "Adult Supporter" means an adult who, from time to time, assists the AAL in some way (but who is not a Member).
- 4.2 The AAL acknowledges that skin cancer is a major public health problem, and that exposure to ultraviolet radiation (UVR) from the sun can cause sunburn, skin and eye damage and skin cancer.
- 4.2.1 Many AAL activities involve participation in outdoor activities and, as a consequence, there is a risk of over exposure to ultraviolet radiation (UV) and sunburn
- 4.3 The purpose of this policy is to minimize the risk associated with exposure to the sun as part of the AAL's Duty of Care to its members
- 4.3.1 Members equally with the League, have a Duty of Care, to themselves, the League and other members, to ensure they do not place themselves in a position of risk.
- 4.4 The AAL seeks to promote and maintain the health, safety and well-being of members by aiming to:
- protect the health and safety of all members;
 - prevent accidents and ill health caused by activities;
 - protect members from any health hazard which may arise out of activities or the conditions in which they are carried out;
 - place and maintain members in an environment designed to satisfy their needs for health, safety and well-being whilst participating in outdoor activities.
- 4.5 This will be achieved through cooperation with members, and by providing members with necessary information, instruction, training and supervision.
- 4.5.1 Officers in charge of an activity are responsible for the implication of this Policy at the activity they are managing
- 4.5.2 Circulars advertising activities in less than ideal conditions will include information for member's protection from the elements.
- 4.6 **Participating in activities in hot conditions**

4.6.1 *When the atmospheric temperature rises to extreme conditions the following should apply:*

- Sufficient drinking water will be provided;
- Sun Screen will be made available for member's use
- Shaded areas (or temporary shelter) will be provided and Members will be encouraged to take breaks in the shaded area;
- Members should wear clothing that covers as much skin as possible;
- All Members are aware of their physical well-being and be aware of the symptoms of heat exhaustion and heat stroke

4.7 Heat Exhaustion

4.7.1 *Warning signs of heat exhaustion are:*

- clammy skin;
- confusion;
- light-headedness;
- fainting;
- slurred speech;
- nausea and vomiting
- rapid pulse;
- short temper;
- fatigue, weakness or loss of concentration

4.7.2 *Symptoms that indicate heat stroke include:*

- staggering walk;
- mental confusion;
- hot skin;
- temperature rise (yet person may feel chilled);
- convulsions;
- unconsciousness;
- incoherence;
- deliriousness.

4.7.3 *What action should be taken if someone has symptoms of heat illness?*

- Ensure medical assistance is sought immediately.
- First take the sufferer to a cooler area (for example, an air-conditioned shed or vehicle).
- Then remove excess clothing (hat, shoes, and shirt).
- Give water to drink, if conscious.
- Allow the person to rest if they are suffering from heat exhaustion
- If the person is suffering from heat stroke they should be cooled with water, cold compresses, and/or rapid fanning. A person suffering from heat stroke should be taken to a medical facility.

4.8 Sun Protection

4.8.1 Members are informed of the high UV risk – when UV levels are three (3) or higher - between 10am - 2pm during standard time and 11am - 3pm during Daylight Saving time during the months of August to April. Wherever possible activities will be scheduled to be conducted in the shade during these times.

4.8.2 At all times, members should endeavour to wear clothing that has a UPF rating of at least 40 which is close weave, breathable, loose fitting and covers as much skin as possible.

4.8.3 *Long sleeved shirts*

4.8.3.1 Shirts with collars and long or three quarter length sleeves and collars to protect the arms and neck.

4.8.4 *Long trousers, skirts or shorts*

4.9.4.1 Loose fitting trousers or long skirts. If shorts are worn they should come to the knee.

4.8.5 *Broad brimmed hats*

4.8.5.1 Sun protective hats should be worn whenever participating in activities in a sun exposed area. The League makes available for purchase a broad brimmed hat as part of its uniform code.

4.8.6 *Sunglasses*

4.8.6.1 Sunglasses should be worn whenever participating in activities in a sun exposed area.

4.8.6.1.1 Sunglasses if worn must comply with the League's Policy.

4.8.6.2 Prescription sunglasses may be worn as required by members in uniform without restriction

4.8.6.3 That the League's Policy for the wearing of non-prescription sunglasses by members is as follows:

4.8.6.4 Non-prescription sunglasses that are close-fitting, wrap-around that cover as much of the eye area as possible may be worn in all circumstances as required by members in uniform.

Sunglasses should ideally meet the following requirements:

- Australian or New Zealand standard AS or NZS 1067.1:2016 (with lens category 2, 3 or 4, not fashion spectacles)
- sunglass lenses with an Eye Protection Factor (EPF) rating of either 9 or 10 or be labelled UV 400
- have plain frames of a neutral non-bright colour, or be of the attachable type for those members who wear prescription spectacles, but excluding nonprescription sunglasses that are worn over prescription spectacles
- have grey and not mirror-type lenses
- may be wrap-around style



4.8.7 *Sunscreen*

4.8.7.1 apply SPF 30 (or higher) broad spectrum, water-resistant sunscreen to clean, dry skin at least 20 minutes before going outdoors

4.8.7.2 re-apply sunscreen every 2 hours when outdoors and after swimming or sweating

4.8.7.3 use sunscreen within its expiry date

4.8.7.4 store sunscreen below 30°C

4.8.7.5 Lips should be protected with a lip balm containing SPF30+.

4.9 **Related references**

4.9.1 The Cancer Council website at www.sunsmart.com.au