

# Sun Smart Policy

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Little Athletics NSW recommends that all Little Athletics centres across the state adopt protective practices in relation to exposure of members to UV light.

All centres are requested to actively seek to promote, encourage and support sun protection at both training and competition.

Where possible, centres shall:

- Provide SPF 30+ broad spectrum water resistant sunscreen for members and make it available for sale and/or use to spectators
- Encourage parents and athletes to apply sunscreen to all exposed areas every two hours
- Encourage members to wear suitable protective clothing, when not participating a trial or an event. E.g. shirt with collar and sleeves, hat
- Make maximum use of existing shade at facilities
- When shade is not adequate, seek to work with relevant authorities and other community groups to provide more shade at facilities and if possible, provide temporary shade until adequate shade is available
- Promote sun safety through newsletters and over the public address system