

SUN PROTECTION POLICY



The Melbourne Collegians Water Polo Club recognises the inherent risk of excessive ultraviolet radiation (UV) exposure.

THE MCWPC WILL ENDEAVOUR TO:

- Promote SunSmart awareness and protection measures to all MCWPC members and spectators.
- Where possible schedule outdoor activities in time when the UV index is less than 3.
- When UV index levels are 3 or above implement strategies of shade, clothing, sunscreen, hat and sunglasses in the following ways.

-Schedule or relocate events to indoor facilities.

-Where indoor facilities are not available consider the level of the UV index and the length of time of UV exposure and cancel, reschedule or shorten the event.

-Encourage water-based participants to apply broad-spectrum, water-resistant, SPF30 (or above) sunscreen every 2 hours, maintaining compliance with Water Polo Australia Sun Protection policy.

-Encourage Coaches, Managers, Referees and Officials to wear long sleeves shirts, broadbrimmed hats, sunglasses and apply sunscreen every 2 hours.

- Recommend the use of the broad-spectrum, water-resistant SPF30 (or above) sunscreen.
- Maximise the use of shade facilities.

