



BAIRNSDALE ROWING CLUB SUNSMART POLICY



Protect your skin



Slip



Slop



Slap



Seek



Slide



BRC supports measures to minimise the risks of overexposure to ultraviolet light (UV):

The BRC Membership application form requires parents/guardians of prospective junior members to acknowledge that the Bairnsdale Rowing Club Inc is a SunSmart club.

The BRC uniform includes a hat which all competing rowers must wear.

Parents/guardians are responsible for ensuring the participant is dressed in appropriate SunSmart attire, which includes SunSmart clothing and hat, sunglasses and using sunscreen.

Social rowers are also encouraged to purchase a BRC hat for sun protection.

Clothing can be a great barrier between the sun's UV and your skin so adequately cover up when you can.

clothing

How to choose sun protective clothing

- **Coverage:** The more skin you cover with long sleeves, skirts and pants the better your level of protection.
- **Fabric structure:** If you can easily see through the fabric, chances are UV can easily pass through it. The tighter the fabric structure, the better the sun protection.
- **Tension:** If a fabric is stretched, it will be less protective. This is common in knitted or elasticised fabrics.
- **Layering:** Layering of fabrics and garments is an effective way of increasing protection from UV.
- **Colour:** Darker colours absorb UV rays better than white or pastel colours of the same fabric.
- **Moisture content:** Fabrics offer less protection from UV radiation when wet as they become more transparent. Choosing a fabric that provides effective protection from UV but dries quickly will help minimise the effect of moisture.



- **Caring for your clothes:** Washing new clothes can provide greater protection by shrinking gaps in the structure. Old, threadbare or faded clothes may offer decreased protection over time.
- **UV absorbers:** Some clothing is treated so it can absorb more UV radiation. Check the clothing label to see if your clothes have been treated and follow the care instructions.

sunscreen

Sunscreen is freely available at the club shed and at regattas.

Apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen to any skin not covered by clothing.

Sunscreen should be considered the last line of defence.

No sunscreen blocks 100% of UV radiation.

Understanding sunscreen

1. **Sun Protection Factor (SPF)** is a measure of protection sunscreen gives against UVB radiation. The rating tells you how long the sun's UV would take to redden your skin compared with using no sunscreen. For example, in theory SPF50 would take you 50 times longer to burn than if you use no sunscreen. In reality, we know that many Australians do not apply the right amount of sunscreen to achieve the SPF stated on the bottle, so correct application is key.
2. **SPF30 versus SPF50:** In lab conditions, SPF30 filters 96.7% of UVB and SPF50 filters 98%. Both can provide excellent protection if they are applied properly.



3. **Broad-spectrum:** There are different types of UV radiation. UVA rays are responsible for tanning and premature ageing, whereas UVB rays cause sunburn and skin cancer. A broad-spectrum sunscreen provides protection against both types of harmful rays.
4. **Water resistant:** Sunscreens labelled as water resistant are tested to be effective for up to 40 minutes of swimming.
5. **Use by and storage:** Expired sunscreen may not be effective so check the 'use by' date before applying. Store sunscreen correctly – below 30°C and out of direct sunlight.

How to apply sunscreen

Before you go outside, it is important to apply adequate sunscreen and do not forget to re-apply every two hours. If you don't, you are likely to get less than half the protection stated on the product label. For sunscreen to work, correct application is essential.

- **You need more than you think:** The average-sized adult needs a teaspoon of sunscreen for their head and neck, each limb and for the front and the back of the body. That's about 35ml of sunscreen or 7 teaspoons for one full body application
- **Apply early and reapply:** Sunscreen should be applied 20 minutes before you go outside and reapplied every two hours (whether or not the label tells you to do this). Remember to reapply after swimming or excessive sweating
- **The best sunscreen:** The best sunscreen is the one that suits your skin type, activity and that you find easy to reapply. So try different products out until you find one you like. If you have an allergic reaction to a sunscreen, try another brand or look for a fragrance-free product such as a toddler or sensitive sunscreen. A doctor or chemist could also offer advice about choosing another product.



hat

Look for a hat with a tight weave and broad brim that provides good shade to your face, head, neck and ears.

- Broad-brim hats should be at least 7.5cm for adults, and 6cm for children over 8 years.
- Bucket hats need a deep crown, angled brim of at least 6 cm for adults and 5cm for children and should sit low on the head.
- Legionnaire hats need a flap that covers the neck and overlaps at the sides of the front peak.
- Check the weave and material in the hat. If the hat is loosely constructed UV rays may still pass through to your skin. A fabric with UPF 15 offers good protection while one that is UPF50 offers excellent protection. Even if the fabric is excellent, make sure the hat's overall design is effective too.
- Baseball caps are not a good option for everyday sun protection because they only protect your scalp and forehead so when you are not competing wear a broad-brim hat.

sunglasses

Wearing both a broad-brim hat and sunglasses can reduce UV rays to the eyes by up to 98%.

UV radiation not only causes sunburn and skin damage leading to skin cancer. It can also cause serious eye conditions including cataracts, macular degeneration and ocular melanoma.

Wearing a broad-brim hat can cut the amount of UV radiation reaching your eyes by 50%.

For the best protection when the UV is 3 and above, use all five forms of sun protection – clothing, sunscreen, a broad-brimmed hat, shade and sunglasses.



Choosing sun-protective glasses

- Choose a close-fitting, wrap-around style of sunglasses.
- Check the swing tag to make sure they meet the Australian Standard for eye protection (AS/NZS1067). The Standard has five categories of sun protection – choose category 2 or higher. These lenses absorb more than 95% of UV radiation.
- Some sunglasses carry an Eye Protection Factor (EPF). Ratings of EPF 9 and 10 provide excellent protection, blocking almost all UV radiation.
- Polarised sunglasses reduce glare and make it easier to see on a sunny day however they do not increase the level of UV protection.
- The Australian Standard for sunglasses and fashion spectacles does not cover prescription glasses. Some prescription glasses provide UV radiation protection – check with your optometrist. If purchasing prescription sunglasses, make sure they are close-fitting and a wrap-around style.

Training times are organized to try to avoid peak UV periods.

Seek shade whenever possible.

Shade can be natural, built, or portable.

The club marquee is taken to regattas to provide shade for participants.

Rowers are encouraged to carry water bottles with them when training and competing.

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