



Darling Downs Soaring Club Sun Protection Policy

www.gogliding.org.au

ABN 71 449 795 568

Aim & Involvement

This policy aims to protect all members and visitors of Darling Downs Soaring Club from the harmful effects of UV exposure. This policy applies to all members and visitors of Darling Downs Soaring Club while out in the sun.

Rationale

Queensland has the highest rate of skin cancer in the world. Skin cancers account for 80 per cent of all new cancers diagnosed each year in Australia, making it by far the most common type of cancer diagnosed. Research shows severe sunburn and excessive sun exposure contributes to skin cancer and other forms of skin damage such as sunspots, blemishes and premature ageing. Most skin damage and skin cancer is preventable.

Gliding involves long periods of being exposed to the sun, both on the ground and in the air. Darling Downs Soaring Club would like to promote a SunSmart environment that helps educate and protect its members and visitors.

Procedures

- Due to the latitude (27.5 degrees south) and our elevation (400 m AMSL) members and visitors at Darling Downs Soaring Club require year round sun protection
 - In the middle of winter, the average UV index is unlikely to fall below 4, and ;
 - In summer the average UV index is likely to be greater than 11.
- Therefore sun protection is essential all year round.

Healthy physical & Social environment

1. Seek shade

- Provide a variety of shade (i.e. built, natural and portable) in all areas where people congregate or spectate.
- Encourage members and visitors to use available shade.
- Consider shade availability when planning all outdoor events.
- Conduct regular shade assessments to determine future needs.

2. Slip on sun protective clothing & slap on a hat

- All members and participants are encouraged to wear sun protection while out in the sun. This includes
 - Long sleeved collared shirts
 - Long pants
 - Sports gloves / light cotton gloves - for protection on the back of the hands that can be vulnerable during flight.
 - Hats – bucket hats are the most common hat used for gliding.

Bucket hats and flying shirts are available for purchase from the club. These topics are other covered at the morning safety briefing.



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3. Slop on sunscreen

- SPF 30 or higher broad spectrum, water resistant sunscreen is available (free) in the club house for members to use.
- Darling Downs Soaring Club encourages sunscreen use throughout the day. Apply 20 minutes before going outdoors and reapply every 2 hours when outdoors for extended periods.

4. Slide on sunglasses

- Encourage the use of close-fitting, wrap-around sunglasses that meet the Australian Standard AS1067.

Role modelling by instructors

- Instructors should act as a role model good sun protection behaviours when outside, including:
 - Wearing sun-safe hats, clothing, and sunglasses.
 - Applying SPF30 or higher broad spectrum, water resistant sunscreen.
 - Seeking shade whenever possible.
- All instructors are to promote SunSmart behaviour during training. Any students flying are strongly encouraged to wear SunSmart clothes including a hat, sunglasses, and a long sleeved shirt for flying, and apply sunscreen.

Engaging the club community

- Posters will be displayed around the club promoting SunSmart practices
- SunSmart clothing is currently available to purchase from the club (hat and shirt)
- New members are briefed in the new member pack about club SunSmart practices.

Policy Timing and Review

- This policy is effective from 18 Nov 2018 and will be reviewed every three years to ensure it remains current and practical.
- Policy updates and requirements will be made available to the club community.

Next policy review: 18 Nov 2022