 Pétanque Federation Australia Affiliated with the F.I.P.J.P.	PolicyNo:	TBA	Sun Safety Policy Draft			
	Approved:	March 2018	Version:	1.0	Review Due:	March 2019

INTRODUCTION

Pétanque Federation Australia will ensure that all members who participate in Pétanque Federation Australia activities are both informed and protected against the harmful effects of the sun's ultraviolet radiation (UVR) whenever they are outdoors.

Pétanque Federation Australia will promote to all parties a knowledge of the great importance of the need for protection from skin and eye damage caused by UVR. All members must participate in and promote all sun safe policy suggestions.


The sun safety policy is one of the most important policies developed, as it may directly affect the health of PFA members.

The following policy is acknowledged as minimum standards for the players, coaches, umpires and all officials of PFA .

They now closely correspond to the recommendations of Workcover and Cancer Councils in each State for skin protection for outside workers.

THE FACTS

- i. Australia has the highest rate of skin cancer in the world. Over two-thirds of Australians will develop some form of skin cancer during their lives.
- ii. About 1000 people in Australia die each year from skin cancer.
- iii. Too much exposure to UVR or repeated sunburn, especially in childhood, damages the skin increasing the risk of skin cancer in later life.
 Note: both cumulative exposure (without actual 'sunburn') and repeated sunburn (not necessarily 'severe') contribute to increasing the risk.
- iv. Severe sunburn, particularly in the young increases the later risk of skin damage and skin cancers.
- v. If we can protect people from birth to 17 years of age they have 75% less risk of developing skin cancer in later life.
- vi. A suntan is a sign of damaged and weakened skin.
- vii. School, recreation and sport may expose people to the sun for long periods.
- viii. The style, type and amount of clothing we wear often does not suit our intense sunshine with its high levels of UVR.
- ix. Lifelong participation in outdoor sport and recreation mean many Australians are exposed to dangerously high levels of UVR.
- x. 95% of skin cancer can be cured if detected and treated early.
- xi. UVR has been shown to cause eye damage, which includes cataracts and pterygium. This damage may start in childhood.
- xii. Reflected UVR may cause sunburn even under shelter, and other methods of sun protection are essential.
- xiii. UVR is present in high levels on cloudy days also, and all sun protection methods should be used on cloudy, as well as sunny days.
- xiv. There is no such thing as "windburn" – this is solar damage (the same as "sunburn") from UVR, usually in cloudy weather as UVR easily penetrates clouds.

 <p>Pétanque Federation Australia Affiliated with the F.I.P.J.P.</p>	Policy No:	TBA	Sun Safety Policy Draft			
	Approved:	March 2018	Version:	1.0	Review Due:	March 2019

SUN SAFETY FOR PFA ACTIVITIES

The health of participants in PFA activities is of a primary concern to Petanque Federation Australia.

It is far better to prevent skin cancer by regularly practising simple protective measures. Skin cancer is preventable, and like any other medical condition is best dealt with by simple protective measures. It is also acknowledged that cataracts and other eye diseases are related to ultraviolet radiation (UVR) and that correct sunglasses will prevent or reduce these eye problems.

Pétanque Federation Australia strongly recommends sun protection during all PFA activities. It is the responsibility of all PFA members to use all protective equipment provided (hats, uniforms, sunscreen, shade structures, sunglasses, etc.), adopt sun safe practices (re-applying sunscreen, minimising time outdoors during peak UV times etc.). As well as their own personal protection, PFA members should also provide by example, a good role model for younger members and the community in general.

The following standards outlined in this Policy are acknowledged as minimum standards for the players, coaches, umpires and all officials of PFA

DEFINITIONS OF SUN SENSE PROTECTION

Shelter

- i. Materials used to provide shade should cast a dark shadow (i.e. block out UVR to a minimum of 50%)
- ii. Provision of either natural or artificial shade over part the playing area, to give adequate shade for those playing the game.
- iii. [Protective covering over](#)
- iv. Specific shaded areas in competitions to provide shade for both competitors and officials

NOTE: It is possible to get sunburn under shelter due to reflection of UVR from sand and water. Other precautions listed must still be used.

“**Protective clothing**” mentioned below in this policy means the use of:


- i. hats - wide-brimmed (minimum brim width of 8cm.) with dark (non-reflecting) underside of the brim, or “legionnaire style” hats - those having side pieces protecting the ears and neck
- ii. long-sleeved shirts with high neck collars – made of UPF 50+ material (close-weave material that blocks UVR)
- iii. shorts - loose and long-legged

Sunscreen

- i. Use broad spectrum, water resistant SPF 30+ sunscreen
- ii. Apply at least 20 minutes before exposure so that cream can be “absorbed” into the skin, for effective protection.
- iii. Reapply every 2-3 hours, or more often if sweating heavily.

Note: With higher SPF sunscreens a small number of people may be sensitive to some types of sunscreens. If skin rashes occur, choose a brand designed for sensitive skin. (It is important for people who spend as much time outdoors as petanque players to maintain the highest SPF).

Sunglasses – 100% UV resistant conforming to Australian Standard 1067 (as labelled on the swing tag) - having side protection from the sun’s rays, but which do NOT obscure peripheral vision.

 <p>Pétanque Federation Australia Affiliated with the F.I.P.J.P.</p>	Policy No:	TBA	Sun Safety Policy Draft			
	Approved:	March 2018	Version:	1.0	Review Due:	March 2019

RESPONSIBILITIES

Section 1 - All levels of PFA

Taking into consideration the harmful effects from the ineffective protection of open weave clothing, when choosing uniforms PFA and affiliates will conform to guidelines for sun safe clothing with tightly woven material with a UVR protection factor (UPF) of 50 or 50+.

PFA and affiliates will strongly encourage the use of: -

- i. sufficient shelter for players, coaches and umpires using either natural, or artificial shelters
- ii. hats, shirts and shorts to conform with the standards above
- iii. broad-spectrum water-resistant SPF 30+ sunscreen and sunglasses for all activities.

During play, maximum use will be made of existing natural shade. Where natural shade is not adequate PFA and affiliates will ensure suitable structures or provide portable shade structures for members wherever.

In accordance with PFA Uniform Policy, it is mandatory that players representing PFA wear the uniforms provided at all times, except where conditions do not permit.

Pétanque Federation Australia and affiliates (States leagues or Clubs) will endeavor to schedule outdoor activities outside the hours of 10.00 am to 2.00pm (11.00 am and 3.00 pm Daylight-Saving Time). This is especially important with Junior or combined events.


Note: Given the nature of pétanque competitions, which may run all day, PFA strongly promotes its officials and competitors and observers to maintain high standards of sun safety including protective clothing, sunscreen and shelter.

PFA will promote sun safety in a positive way, through a variety of public relation tools, including written literature and education programs.

PFA will strongly encourage trainers, coaches, officials and members in prominent positions to act as strong role models, to promote and use all sun protection available.

PFA Officials will revise sun protection measures on a yearly basis.

Competitors are encouraged to wear sun protective clothing throughout their events.

 <p>Pétanque Federation Australia Affiliated with the F.I.P.J.P.</p>	Policy No:	TBA	Sun Safety Policy Draft			
	Approved:	March 2018	Version:	1.0	Review Due:	March 2019

Section 2 - Parents and Guardians - Junior Activities

Club officials, parents and carers must apply the above standards wherever possible.


These sun sense rules are strongly recommended: -

- i. Literature on prevention of skin and eye damage should be given to all parents when their child/children are signed on each season.
- ii. Parents / guardians of children participating in petanque activities should be provided with the PFA sun safety policy and encouraged to comply with it.
- iii. All Junior Activities Officials parents and guardians are to promote the use of these protective measures by example.
- iv. Parents should be strongly encouraged to purchase sun safe hats and protective uniforms for their child's / children's use and provide SPF 30+ broad-spectrum water-resistant sunscreen for their child / children during PFA activities.
- v. Parents should promote sun protective behaviour to their child / children by personal example.
- vi. Parents should provide Australian Standard (labeled as AS1067) sunglasses that filter 100% of UV rays for their child/children.
- vii. For more information, please contact Cancer Council Australia.

IMPORTANT SAFETY TIPS TO REMEMBER

The six Ss':

- i. SHADE – natural or man-made
- ii. SLIP! – on a T-shirt
- iii. SLOP! – on a Sunscreen
- iv. SLAP! – on a Hat
- v. SUNGLASSES – to Australian Standards
- vi. SUNSHINE - awareness of times of the day especially around midday

 Pétanque Federation Australia Affiliated with the F.I.P.J.P.	Policy No:	TBA	Sun Safety Policy Draft			
	Approved:	March 2018	Version:	1.0	Review Due:	March 2019

REFERENCE MATERIALS

Betts, L (1993) Sponsorship and the Vic Health model. *Health Promotion Journal of Australia*, 3, 13-15.

Cassell, E. (1993) The Vic Health research program: The first five years. *Health Promotion Journal of Australia*, 3, 16-19.

Cockburn, J., Thompson, S.C., Marks, R., Jolley D., Schofield, P., and Hill, D. (1997) Behavioural dynamics of a clinical trial of sunscreens for reducing solar keratoses in Victoria, Australia. *Journal of Epidemiology and Community Health*, 51, 716-721.

Corti, B., Donovan. R.J., Holman, C.D.J., Coten, N. and Jones, S.J. (1997) Using sponsorship to promote health messages to children. *Health Education and Behavior*, 24, 276-286.

Dixon, H., and Borland, R. (1997) Slip! Slop! Slap! and SunSmart: the Anti-Cancer Council of Victoria's skin cancer control program and its impact. In: *SunSmart Evaluation Studies No. 5*. AntiCancer Council of Victoria, Melbourne.

Gies HP, et al (1997). UV protection by clothing: an inter-comparison of measurements and methods. *Health Phys.* Sep;73(3):456-64.

Hill, D., White, V., Marks, R. and Borland, R. (1993) Changes in sun-related attitudes and behaviours, and reduced sunburn prevalence in a population at high risk of melanoma. *European Journal of Cancer Prevention*, 2, 447-456.

Hill, D. and Boulter, J. (1996) Sun protection behaviour: Determinants and trends. *Cancer Forum* , 20, Special Edition: 16-19.

Javitt JC, et al (1994-95). Cataract and latitude. *Doc Ophthalmol.* 88(3-4):307-25.

Jeffs, P., Coates, M., Giles, G.G., Shugg, D., et al. (1996) Cancer in Australia 1989-1990 (with projections to 1995). Australian Institute of Health and the Australasian Association of Cancer Registries, Canberra, Cancer Series No.5.

Kricker, A., Armstrong, B.K., English, D.R. and Heenan, P.J. (1995) A dose-response curve for sun exposure and basal cell carcinoma. *International Journal of Cancer*, 60, 482-488.

Leow YH, et al (1995). UV-protective sunglasses for UVA irradiation protection. *Int J Dermatol.* Nov;34(11):808-10.

Murphy, B. and Borland, R. (1989) Combined evaluation of the Surf Life Saving Association and the Royal Life Saving Society of Australia - Victoria Branches SunSmart sponsorships 1988/89. *Anticancer Council of Victoria*.

Semes L. UV-A absorbing characteristics of commercial sunglasses intended for recreational and general use. *J Am Optom Assoc.* 1991 Oct;62(10):754-8.

Sinclair, C., Borland, R., Davidson, M. and Noy S. (1994) From Slip! Slop! Slap! to SunSmart: A profile of a health education campaign. *Cancer Forum*, 18,183-187.

Thompson, S.C., Jolley, D., and Marks, R. (1993) Reduction of solar keratoses by regular sunscreen use. *New England Journal of Medicine*, 329, 1147-1151.

FURTHER READING

For training and information on skin protection for outdoor workers

WorkCover - State Departments
 Cancer Council - States

PFA Sun Safety Policy 2018