

**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.