



CYCLING NSW SUN PROTECTION POLICY



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Executive Summary

Cycling is a fun, enjoyable and often competitive activity that frequently entails participants, officials, employees, coaches and spectators being outside for differing lengths in time. In enjoying such activities outdoors, it is imperative to be mindful of the implications the weather may have on our health, especially regarding the impacts of the sun on our skin and hydration.

Cycling NSW has therefore developed the following Sun Protection Policy in order to benefit the health and wellbeing of all relevant stakeholders of Cycling NSW. The following policy contains information regarding the dangers of UV Rays and the people involved with Cycling who may be at risk as well as when such risk may be prominent. The following policy also encompasses information regarding effective risk minimisation from the sun and outlines key methods to reduce the risk of the effects of the sun.

The following document also outlines the individual's role and responsibilities in recognising the dangers of UV Rays and protecting themselves against such health hazards.

Background

Cycling is an enjoyable sport and recreational activity that has been enjoyed by people from around the world for over a century. Cycling is a great means of enjoying the outdoors and in particular, seeing many great Australian sceneries. As Cycling is often performed outdoors, it is important for all involved to have a sound knowledge of Ultraviolet Radiation and Skin Cancer.

Ultraviolet radiation and skin cancer

- Australia has the highest rate of skin cancer in the world with over 1300 Australians dieing each year from the disease. Skin cancer costs the health system over \$300 million annually. 1 in 2 people living in Australia will develop skin cancer during their lifetime.
- Skin cancer is mostly caused by overexposure to UV radiation. UV radiation comes directly from the sun, but is also scattered and reflected by surfaces such as buildings, concrete, sand, snow and water. UV radiation is invisible; it is not warm and can pass through light cloud, so sunburn can occur on cool, cloudy days. UV radiation is most intense during September to April, from 10am to 2pm (11am to 3pm during daylight saving).
- People of all skin types and of all ages need to protect their skin from the sun to reduce the risk of skin cancer. Protecting children and teenagers is particularly important. They have very sensitive skin and the more sun exposure in childhood, the greater the risk of developing skincancer in later life. The earlier skin cancer is detected and treated the better the outcome. Therefore it is important to check skin regularly for suspected skin cancers.

Adapted from Cancer Council Victoria: www.sunsmart.com.au

Sun Risk Minimisation Strategies

In order to improve the health and wellbeing of Cycling NSW members, staff, officials, volunteers and spectators, the following strategies have been adapted from a wide array of research and findings regarding the area of Sun Protection.

Avoidance

Where possible, avoid spending unnecessary time in the sun, especially during the hours of 10am to 2pm (or 11am to 3pm during daylight saving)

Shade

When outdoors, try to stay in the shade. If there is no natural shade, take portable shade such as a sun dome or an umbrella. Remember, even in the shade, UV radiation can reflect from surfaces such as water, sand and concrete. For best protection, choose shade that has extensive overhead or side cover and is away from highly reflective surfaces.



Natural Shade: Trees, hedges etc



Constructed: Overhead shades, umbrellas etc

Adapted from The Cancer Council NSW: www.nswcc.org.au

Protective Clothing

Wear clothing that protects the neck, arms and legs, and a hat or scarf to cover the head and ears and to shade the face. Choose clothing made of fabric rated above UPF

(ultraviolet protection factor) 30. Loose fitting, closely woven clothes provide the best protection and are cool when the weather is hot.

Sunglasses

Sunglasses reduce the risk of short-term damage and irritation to eyes from UV radiation, as well as long-term diseases such as cataracts. Sunglasses that meet the Australian Standard and are marked EPF (eye protection factor) 10 offer the best protection. The Australian Standard only measures how much UV radiation is transmitted through the lens, so choose close fitting, wrap-around glasses.

Sunscreen

Sunscreen works by filtering out UV radiation from reaching the skin. The SPF (sun protection factor) rating of a sunscreen cannot readily be translated into the 'strength' of a product. How long a person will take to burn depends on the time of day, the time of the year, the amount of reflected UV radiation, how cloudy it is and their skin type.

Because sunscreen cannot completely shield the skin from UV radiation, it should not be considered the first choice for skin protection. Nor should it be used as a means of extending time in the sun. SPF 30+, broad spectrum, water resistant sunscreen offers the best protection.

Apply sunscreen generously—one teaspoonful for the face, neck and ears and one teaspoonful for each arm or leg not covered by clothing. Apply 20 minutes before going outdoors and reapply every two hours or more often if it has been wiped, rubbed or sweated off, such as the case in Cycling events.

Substances that Increase Sensitivity

A number of medications can increase susceptibility to skin damage from UV radiation. These include some antibiotics, drugs for high blood pressure, antidepressants, some medication for skin conditions, drugs that suppress the immune system (as used after organ transplants) and non-steroidal anti-inflammatories. Check with a doctor about prescribed medicines, and take extra sun protection precautions if taking such medication. Some people develop photosensitivity to UV radiation as a result of contact with certain substances such as coal tar, dyes, chlorinated hydrocarbons and some plants. Photosensitivity is an abnormal reaction in the skin or eyes and extra precautions should be taken if exposure to these substances is a possibility.

Roles & Responsibilities

Cycling NSW wishes to outline the following responsibilities of all stakeholders to the federation;

- **Officials, Staff & Volunteers:** Cycling NSW will endeavour at all times to provide volunteers and officials with adequate sun protection, including the use of portable and natural shading, sunscreen, and the provision to purchase sun protective clothing and/or wear their own sun protective clothing (such as broad rim hats) where practical.
- **Riders:** All riders competing at events sanctioned by Cycling NSW are required to provide their own sun protective equipment. Cycling NSW encourages riders to wear hats under their approved helmet providing it does not impair with the safety and functionality of the helmet. Riders will not be provided with sunscreen, however are encouraged to bring and use their own sunscreen (SPF 30+ recommended). Riders are also encouraged, where practical, to wear protective clothing that does not conflict with their racing colours. Riders are also encouraged to wear sunglasses (that do not contain ear pieces compatible for radio and/or MP3) both in and out of competition (excluding presentations).
- **Spectators & Coaches:** Spectators & Coaches present at Cycling NSW sanctioned events are to provide their own sun protection measures, including that of appropriate shading, sunscreen and sunglasses.

The information provided in this document should be used as a guide only.