

## Red Shed Inc. UV Sun Protection Policy

**Effective Date:** 01/06/2024

**Review Date:** 01/06/2025

### **Purpose:**

Red Shed Inc. is committed to protecting the health and safety of all employees, members, and visitors from the harmful effects of ultraviolet (UV) radiation during on-water and outdoor activities. This policy outlines sun protection measures to reduce the risk of sunburn, skin damage, and long-term health issues, such as skin cancer, in accordance with SunSmart guidelines and the Australian Radiation Protection and Nuclear Safety Agency (ARPANSA) recommendations.

### **Scope:**

This policy applies to all employees, members, visitors, and contractors participating in on-water activities or outdoor events at Red Shed Inc., including any activities taking place on or around the Black Mountain Peninsula.

### **Policy Statement:**

Red Shed Inc. acknowledges the risks associated with prolonged UV exposure and is committed to providing a safe environment by implementing sun protection strategies. These strategies apply to all outdoor and on-water activities, particularly during periods of high UV levels (typically from September to April in the ACT).

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## **1. UV Protection Responsibilities**

### **1.1 Management Responsibilities:**

- Provide and promote sun protection measures for all outdoor and on-water activities.
- Ensure staff, members, and visitors are informed about the risks of UV exposure and the importance of sun safety.
- Provide access to sun protection resources, including sunscreen, protective clothing, and shaded areas where possible.
- Monitor UV levels using weather services and apps and communicate UV alerts to staff and members.
- Encourage the scheduling of on-water activities during lower UV periods, such as early morning or late afternoon.

### **1.2 Employee Responsibilities:**

- Comply with the sun protection measures outlined in this policy during all outdoor activities, particularly on-water activities.
- Use provided sun protection equipment, including sunscreen and appropriate clothing.
- Encourage members and participants to adopt sun-safe practices and lead by example.
- Monitor weather and UV conditions to adjust activities or take additional precautions when UV levels are high.

## 1.3 Member and Visitor Responsibilities:

- Wear appropriate sun protection, including sunscreen, hats, sunglasses, and UV-protective clothing, during on-water and outdoor activities.
- Follow Red Shed Inc.'s sun protection guidelines and adhere to any advice provided by staff or instructors.
- Stay hydrated and seek shade when possible, especially during rest periods.

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## 2. Sun Protection Measures

### 2.1 Sunscreen:

- SPF 50+ broad-spectrum, water-resistant sunscreen will be provided at Red Shed Inc. and made available at key areas, such as the boat shed, front office, and outdoor areas.
- All individuals participating in on-water activities must apply sunscreen at least 20 minutes before exposure to the sun and reapply every two hours or more frequently after swimming, sweating, or toweling off.
- Employees will remind participants to reapply sunscreen throughout the activity, particularly during extended outdoor sessions.

### 2.2 Protective Clothing:

- Red Shed Inc. recommends wearing UV-protective clothing such as long-sleeve rash guards, UPF-rated shirts, and wide-brimmed hats during outdoor and on-water activities.
- Where practical, staff will wear UV-protective uniforms or clothing during outdoor duties, and members are encouraged to do the same during rowing or other outdoor events.
- Sunglasses with UV protection should be worn to reduce glare and protect the eyes from UV damage.

### 2.3 Hats and Sunglasses:

- Wide-brimmed hats or legionnaire-style caps are recommended for all participants to protect the face, neck, and ears.
- Red Shed Inc. recommends the use of wraparound sunglasses that meet Australian standards for UV protection (AS/NZS 1067).

### 2.4 Shade and Hydration:

- Where feasible, Red Shed Inc. will provide shaded areas or portable shade structures near the water for rest breaks and instruction periods.
- Employees and members are encouraged to stay hydrated by drinking water regularly before, during, and after outdoor activities.
- Red Shed will provide water stations around the facility and near on-water activity areas.

## 2.5 UV Alerts and Scheduling:

- Red Shed Inc. will monitor UV levels using real-time apps (such as the SunSmart app or ARPANSA UV Index) and will adjust outdoor and on-water schedules if necessary.
  - On days when the UV index is extreme (above 8), Red Shed will aim to schedule activities earlier in the morning or later in the afternoon, outside peak UV radiation hours (10am – 4pm).
  - During high UV periods, activities may be shortened, or additional sun protection measures will be enforced.
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## 3. Education and Awareness

### 3.1 Employee and Member Education:

- Red Shed Inc. will provide ongoing education for staff, members, and participants on the risks of UV exposure and the importance of sun protection. This will include training on proper sunscreen application, the use of UV-protective clothing, and the timing of outdoor activities.
- Sun protection education will be included in pre-activity briefings, especially for newcomers or those unfamiliar with outdoor rowing or water activities.

### 3.2 Awareness Campaigns:

- Red Shed Inc. will promote SunSmart practices through signage, regular updates on UV levels, and sun safety reminders via emails, social media, and newsletters, particularly during peak summer months.
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## 4. Compliance and Review

### 4.1 Compliance:

- All employees, members, and visitors are expected to follow the sun protection measures outlined in this policy.
- Failure to comply with the UV protection measures may result in exclusion from outdoor or on-water activities until adequate sun protection measures are taken.

### 4.2 Policy Review:

- This policy will be reviewed annually, or more frequently as needed, to ensure it remains aligned with current health guidelines, UV exposure risks, and SunSmart recommendations.
  - Feedback from employees, members, and participants will be considered in each review to ensure the policy remains effective and practical.
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### This policy has been approved by

**Name:** John Gasson

**Position:** President

**Date:** 01/06/2024



**Contact Information:**

For questions or concerns regarding first aid at Red Shed, please contact [admin@redshed.org.au](mailto:admin@redshed.org.au) or 0447 137 111.