



POLICY – SUNSMART

SynchroWA recognises the inherent risk of exposure to sun while practicing, competing, coaching or officiating synchronised swimming when outdoors.

Sun exposure increases the risk of skin cancer, notably melanoma which has a high mortality, but also accelerates the signs of ageing in exposed skin. SynchroWA is committed to minimising sun exposure and safeguarding the health of everyone involved in synchro.

A minimal amount of sun exposure is required for good health and vitamin D production. It is likely this minimal level of exposure will be achieved by regular activity in daylight hours in and around the pool.

All efforts must be made to provide indoor facilities for synchronised swimming. When bookings are made at venues it should be stressed that we have a Sunsmart policy and that the duration of events and training are such that participants may be exposed to the sun beyond recommended amounts (dependent on the UV rating), and always request the option of indoor facilities.

If only outdoor swimming facilities are available then every effort must be made to provide shade as much as possible. This is imperative when the UV rating for the day is 3 or higher. (Likely to be mostly in terms 4 and 1, and during the summer holiday time.) Swimmers must be able to access shade during any water break, during direct coaching, and during any rest periods. Coaches and officials should be under full shade throughout any session. Coaches should stand with the sun in front of them so that swimmers are not required to look directly into the sun during training.

All synchro participants must observe '**Slip, Slop, Slap, Slide, Seek Shade**' in outdoor facilities

Slip – on a shirt (protective clothing): All participants, including coaches and officials must have UV protective long sleeved clothing with collars. Longer shorts or skirts should be worn out of the water. In the water, swimmers should wear a UV protective thin material 'rashie'.

Slop – on sunscreen: All participants must provide their own sunscreen, which should be Cancer Council recommended at SPF 30+ or above. Waterproof sunscreen should be used by swimmers. Sunscreen should be used on all exposed skin, particularly face, neck, shoulders and hands.

Slap – on a hat: All non-swimming participants must wear broad-brimmed hats when coaching or officiating, unless they are permanently stationed under full shade.

Slide – on sunglasses: All non-swimmers must wear full sun-protective sunglasses, preferably of the 'wrap-around' type. Swimmers should source UV protective goggles.

Seek Shade: SynchroWA must ensure participants have access to suitable shade. Coaches and officials must be in shade during any training session or competition. Pools must have shady areas into which swimmers can seek shade during coaching, drinking or rest sessions. Swimmers should not be positioned such that they look into the sun during coaching input.

SynchroWA should ensure that spectators and volunteers have access to appropriate shade during any training and competition sessions. Independent sun protection skills should be reinforced for all participants, and particularly for young children coming into the sport.

SynchroWA will conduct random audits of all synchronised swimming sessions in order to measure compliance with this policy.