

Sun Smart P&P

As sailing with SSC occur in direct sunlight it is imperative we all be aware of, and actively address being Sun Smart. Here are some suggestions.

Wear suitable Clothing

- One of the most effective ways to limit UV radiation to the skin is by wearing protective clothing.
- Ensure that T-shirts are of the collared design. Consider longer sleeves (elbow length is a good compromise).
- The closeness of the weave is particularly important, not the weight of the fabric. A simple way to get some indication of protection or to compare fabrics is to hold them up to the light. The less light coming through or the harder it is to see through, the better the protection.

Hats

- Hats should be part of your Sailability uniform. Different styles of hats provide varying levels of protection from the sun.
- Baseball caps offer little protection to the ears, neck and cheeks.
- Broad Brimmed Hats protect the face, ears and back of the neck. They should have a minimum brim width of 8 – 10 cm for adults, 6 cm for children. The underside of the brim should be a dark colour to reduce the amount of UV radiation reflected on to the face.
- Legionnaire Caps protect the ears and neck, but leave much of the face, especially the cheeks exposed. They should have a front peak of a minimum of 6cm and a one-piece back-flap. They should not have velcro, clips or press studs for raising the flap.

Sunglasses

- Sailors (including children) should be encouraged to wear sunglasses at all times. UV protection does not necessarily relate to the cost of the sunglasses. For maximum protection choose sunglasses that:
- meet Australian Standard 1067
- offer 99% protection from UV rays
- are close fitting, wrap-around style

Sunscreen

- Sunscreen is available to volunteers and members, or you may choose to supply your own. Sunscreen will assist in blocking damaging UV rays to exposed skin. Sunscreen should be used as an adjunct to the natural protection of wearing a hat, sunglasses, collared shirts with long sleeves and using shade where available and keeping out of direct sunlight as much as possible.

Choosing a sunscreen

- Choose a sunscreen with a Sun Protection Factor (SPF) number of 15+.
- Labeled “broad spectrum”.
- Water resistant

Applying Sunscreen

- Sunscreen should be applied according to the manufacturer's instructions.
- Apply liberally at least 15 minutes before going out in the sun.
- Apply to clean, dry skin.
- Reapply regularly.

Shade

- Be aware - even if adequate shade is available at your venue, UV rays will reflect off nearby water, concrete, sand and grass. As well as the publicised risks caused to the skin by overexposure to the sun. Every precaution possible should be taken to ensure that you are protected from the sun.