



**MOUNTAIN BIKE AUSTRALIA**

Mountain Bike Australia Limited  
(MTBA Limited)  
ACN616 027 153

## Sun Safe Policy

Distribution

MTBA Chief Executive Officer

MTBA Staff

All MTBA Members & Affiliates (available via MTBA website)

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**Review History**

<b>Version</b>	<b>Date Created/ Reviewed</b>	<b>Reviewed By</b>	<b>Date Endorsed</b>	<b>Content Reviewed/ Purpose</b>
1	08 March 2018	Trail & Operations Manager		Policy created.

## 1. Introduction

The following policy is in place to help Mountain Bike Australia (MTBA) minimise the risks of overexposure to UV to people working, volunteering, participating and spectating at MTBA activities.

## 2. Rationale

The sun's ultraviolet (UV) radiation is the main cause of skin cancer. UV damage also causes sunburn, tanning, premature ageing and eye damage. Australia has one of the highest rates of skin cancer in the world. Two in three Australians will develop some form of skin cancer before the age of 70. Sunburn and other UV damage is common while participating in or watching sport, when people are exposed to the sun's UV radiation for long periods of time. Sporting organisations have a responsibility under health and safety legislation to provide and maintain a safe working environment for staff, volunteers, participants and spectators. By minimising UV harms, MTBA will help to fulfil this obligation and duty of care.

## 3. Sun protection times

- The Bureau of Meteorology forecast the time of day UV levels are due to reach 3 or higher and provide this information to the public. At these levels, sun protection is recommended for all skin types.
- A combination of sun protection measures are needed during the daily local sun protection times.
- To assist with the implementation of this policy, MTBA Board, employees, volunteers, commissaires, coaches, participants, members and spectators are encouraged to access the daily local sun protection times at [sunsmart.com.au](http://sunsmart.com.au), on the free SunSmart app or SunSmart widget (on MTBA's website) and in the weather section of the newspaper.

## 4. Modification of event schedules and activities

- Where possible, training, events and activities are scheduled to minimise exposure to UV and heat.
- Where it is not possible to avoid peak UV and heat periods, the following interim steps are taken to minimise the risk of overexposure to UV and heat illness:
- Warm-up activities are limited in duration and intensity.
- The duration of the activity is reduced.
- Activities start earlier in the morning or later in the evening.
- Rest breaks and opportunities to seek shade and rehydrate are increased.
- Commissaires and volunteers rotate out of the sun more frequently than usual.
- MTBA Board, employees and officials, coaches and senior members act as role models by wearing sun-protective clothing and hats, applying sunscreen and seeking shade wherever possible.

## 5. Sun protection measures

### 5.1. Clothing

- Sun-protective clothing is included as part of the uniform for Commissaires and volunteers.
  - Where possible, tops/jerseys are to be made from UPF (UV protection factor) 50+ material and have long sleeves and a collar. Tops/jerseys are loose fitting and lightweight.
  - Where the race clothing does not provide adequate sun protection, participants are reminded to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen to all exposed skin and wear covering clothing when possible and practical.
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## 5.2. Sunscreen

- SPF30 (or higher) broad-spectrum, water-resistant sunscreen is promoted and/or provided to participants free of charge at MTBA events and activities.
- Sunscreen is stored below 30°C and replaced once it is past the use-by date.
- Participants are encouraged to apply a generous amount of sunscreen (the equivalent of one teaspoon per limb).
- The first aid kit includes a supply of SPF30 (or higher) broad-spectrum, water-resistant sunscreen.
- All event hosts are encouraged to provide sunscreen.

## 5.3. Hats

- Wide-brimmed or bucket hats are an option for Board, employees, commissaires and volunteers.
- Caps and visors do not provide adequate sun protection to the face, ears and neck and are not recommended for extended sun protection but may be used, in combination with sunscreen on parts of skin not covered.

## 5.4. Shade

- An assessment of existing shade will be included as part of the routine inspection to determine if a venue is suitable to host a mountain bike event or activity.
- When not actively participating, participants are able to rest in shaded areas.
- Where there is insufficient natural or built shade, temporary shade structures are provided or participants are notified to bring their own temporary shade (e.g. tents or umbrellas).
- Shade from buildings, trees and other structures are used where possible (e.g. for marshaling and spectator areas).
- Presentation ceremony areas are protected by shade.
- Where possible commissaires and volunteers rotate to cooler, shaded areas.

## 5.5. Sunglasses

- Participants are advised to wear sunglasses that meet the Australian standard (AS/NZS 1067:2016).

## 5.6. Hydration

- Event hosts will provide a source of drinking water either via bottled water, access to town water or make available for purchase from catering providers.

## 6. Education and information

- The times when sun protection is required (as determined by SunSmart's daily local sun protection times) are communicated to participants and spectators.

## 7. Review

- This SunSmart policy will be reviewed regularly.

## 8. Relevant Documents

- SunSmart: [sunsmart.com.au](http://sunsmart.com.au)
- SunSmart widget: [sunsmart.com.au/uv-sun-protection/uv/uv-widget](http://sunsmart.com.au/uv-sun-protection/uv/uv-widget)
- SunSmart app: [sunsmart.com.au/app](http://sunsmart.com.au/app)

- Heat and UV Guide: [sunsmart.com.au/downloads/communities/sports-clubs/uv-exposure-heat-illness-guide.pdf](https://sunsmart.com.au/downloads/communities/sports-clubs/uv-exposure-heat-illness-guide.pdf)
- Shade audit: [sunsmart.com.au/shade-audit/](https://sunsmart.com.au/shade-audit/)
- Australian Government Therapeutics Goods Administration (TGA) – Australian regulatory guidelines for sunscreens: [4. Labelling and advertising – directions for use of the product](#)
- ARPANSA Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation (2006)
- Safe Work Australia: [Guidance Note – Sun protection for outdoor workers](#) (2016)

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