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KILMORE AGRICULTURAL SHOW

SUNSMART POLICY

Rationale

A healthy balance of the sun's ultraviolet (UV) radiation exposure is important for health. Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer.

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 they reach the age of 70. Overexposure to UV during childhood and adolescence is known to be a major cause of skin cancer. Sun protection is needed whenever UV levels reach three and above.

In Victoria average UV levels are three and above from the beginning of September to the end of April, this covers the time of the Kilmore show which is held on the first Saturday of December each year. During these months particular care should be taken during the middle of the day between 10am – 3pm (when the show is in full swing), as UV levels reach their peak.

Too little UV from the sun can lead to low vitamin D levels. Vitamin D regulates calcium levels in the blood. It is also necessary for the development and maintenance of healthy bones, muscles and teeth.

Objectives

The goals of the Kilmore Agricultural and Pastoral Society's (A&P) SunSmart Policy are to:

- Ensure that all volunteers and patrons maintain a healthy UV exposure balance.
- Encourage all volunteers and patrons to use a combination of sun protection measures whenever UV Index levels reach three and above.
- Encourage safe UV exposure whenever UV Index levels are below three.
- Work towards a safe event environment that provides shade at appropriate times.

At the Kilmore Show (first Saturday in December), when average UV levels reach three and above;

- Patrons and volunteers use a combination of sun protection measures whenever UV Index levels reach three and above. Particular care is taken between 10am - 3pm when UV Index levels reach their peak during the day.

1. Shade

- Every effort will be made to take advantage of existing shade at the Kilmore Racing Complex, where the show is held. This includes shade provided by buildings (in particular the John Kelly Pavilion which is undercover) and trees.
- Trade stall holders will be encouraged to bring their own portable shade structures.
- Where possible, shade will be provided at key locations such as the entertainment area (currently under the John Kelly Pavilion).
- The Kilmore A&P Society will encourage volunteers and attendees to use shade.

2. Clothing

- The Kilmore A&P Society will encourage volunteers to wear sun protective clothing that covers as much skin as possible such as longer style shorts or skirts, tops with longer sleeves and a collar. Fabric that is lightweight, closely woven and a well-ventilated design is most appropriate.

3. Hats

- Volunteers will be encouraged to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats, whenever they are outside.

4. Sunglasses

- Volunteers will be encouraged to wear close fitting, wraparound sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

5. Sunscreen

- The Kilmore A&P Society will encourage volunteers and patrons to apply SPF30+ broad spectrum, water resistant sunscreen to exposed body parts and, where possible, it will be provided.
- Volunteers and patrons will be encouraged to reapply sunscreen every two hours
- This can be achieved via announcements on the PA system and information supplied to stall holders.
- The Kilmore A&P Society body will ensure that SPF30+ broad spectrum, water resistant sunscreen will be available to attendees or for sale at the event.

6. Schedules

- Where possible, outdoor events and activities will be scheduled to minimise time in direct sun particularly between 10am - 2pm (11am - 3pm during daylight saving), when UV levels are most intense.
- Where it is not possible to minimise direct UV exposure, indoor activity alternatives will be explored and maximised.
- Where possible, volunteer duties will be rotated to minimise time exposed to UV radiation.
- Volunteers and stall holders will be encouraged to schedule their own duties to minimise time exposed to UV radiation.

7. Role modelling

Kilmore Show Volunteers will act as role models by:

- Wearing sun protective hats, clothing and sunglasses when outside
- Applying SPF 30+ broad spectrum, water resistant sunscreen
- Seeking shade whenever possible

8. Education

- The Kilmore A&P Society will provide SunSmart education opportunities to increase awareness of healthy UV exposure and sun protection amongst volunteers and patrons.
- The Kilmore A&P Society will ensure SunSmart messages are included in pre-event publicity, event programs and public announcements occurring during the event.

9. Review

- This SunSmart policy will be reviewed annually to ensure that the document remains current and practical to the event's needs.
- The policy should be signed and dated by the President of the Kilmore A&P Society

10. Relevant Documents and links

- Occupational Health and Safety Act 2004 Sections 21 and 23: Main Duties of Employers
Section 25: Duties of Employees www.worksafe.vic.gov.au > Laws and Regulations > Acts and Regulations
- Australian Safety and Compensation Council: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight
www.ascc.gov.au/ascc/HealthSafety/HazardSafetyIssues/UltravioletRaditioninSunlight.htm
- SunSmart UV Alert (issued whenever the UV Index reaches 3 and above) sunsmart.com.au

Andrew Delonno

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8th August 2011