

Fishability Sunsmart Policy April 2018

Fishability recognises the inherent risk of exposure to sun while participating, caring or volunteering in recreational fishing 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. Fishability is committed to minimising sun exposure and safeguarding the health of everyone involved in Fishability. A minimal amount of sun exposure is required for good health and vitamin D production.

All efforts must be made to provide shaded areas and promote SunSmart clothing and headwear for recreational fishing. When bookings are taken for locations it should be stressed that we have a Sunsmart policy and that the duration of activities are such that participants may be exposed to the sun beyond recommended amounts (dependent on the UV rating), and always request the option of shaded areas.

As recreational fishing activities are only offered outdoors, 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. Participants, volunteers and support workers must be able to access shade during any break, and during any rest periods. Volunteers should be under full shade when preparing all the equipment until participants arrive. Volunteers should stand with the sun in front of them so that participants are not required to look directly into the sun during activities.

All Fishability participants, support workers and participants must observe 'Slip, Slop, Slap, Slide, Seek Shade' at our activities.

Slip – on a shirt (protective clothing): All Fishability participants, support workers and participants preferably will have UV protective long sleeved clothing with collars. Fishability uniforms for volunteers will be long sleeved with appropriate UV ratings.

Slop – on sunscreen: Fishability will make sunscreen available for all, which should be Cancer Council recommended SPF 30+ or above. Sunscreen should be used on all exposed skin, particularly face, neck, shoulders and hands and offered frequently.

Slap – on a hat: Broad-brimmed hats to be worn when being involved in Fishability activities unless they are permanently stationed under full shade. All Fishability volunteers will be issued with organizational headwear which is deemed SunSmart.

Slide – on sunglasses: Full sun-protective sunglasses to be worn, preferably of the 'wrap-around' type. Volunteers should source UV protective sunglasses.

Seek Shade: Fishability will ensure participants have access to suitable shade and encourage SunSmart clothing and headwear. Locations must have shady areas where participants can seek shade during rest sessions. Participants and volunteers and support workers should not be positioned such that they look into the sun during activities.

Fishability should ensure that everybody has access to appropriate shade during any activities. Independent sun protection skills should be reinforced for all participants, and particularly for young children coming to activities.