

Policy on being SunSmart



- Rationale** The health and safety of members, including minimising their risk of preventable disease or injury caused by harmful exposure to ultraviolet radiation when participating in outdoor activities, is of paramount importance.
- Purpose**
- To reduce the risk of harm to members caused by exposure to ultraviolet radiation
 - To ensure leaders are aware of planning and steps they can take to reduce this risk
- Guidelines**
- This policy is implemented during the months of September to April when ultraviolet radiation is most fierce in New Zealand. It applies at other times for overseas contingents depending on the timing of the visit and climate of the country.
 - Wherever possible activities undertaken outside are scheduled to avoid some, if not all, of the peak ultraviolet period (10am- 4pm September to April) and if not possible steps are taken to minimise harm.
 - When planning and undertaking activities outside, the use of natural shade provided from buildings, trees and other structures will be maximised.
 - Where natural shade does not exist, shade structures will be provided for use by members as required.
 - The use of appropriate sun protective clothing will be promoted and encouraged as required. Garments should be appropriate for the weather conditions, whether or not they are in uniform colours. This includes:
 - Tops with collars and sleeves
 - Brimmed hats
 - Sunglasses to protect eyes
 - Members are reminded that they are expected to bring their own sunscreen to events. Some SPF 30+ broad spectrum sunscreen should be made available for use at major events held between 10am – 4pm. Prior to undertaking activities members will be encouraged to apply sunscreen to exposed body parts and to reapply regularly.
 - Girls are educated about the importance of being SunSmart as part of the programme to increase awareness of this health issue.
 - Member communications and event information will be used to promote sun protective behaviour.
- Conclusion**
- GirlGuiding New Zealand has a responsibility to minimise the risk of harm caused by exposure to ultraviolet radiation to its members. Leaders will take all reasonable care and act as suitable SunSmart role models.

Date developed Updated draft 6 December 2013
Last reviewed
Ratified 10 February 2014