



In Queensland, when visiting the beach or venturing into the 'great outdoors', there is a need to be sun safe. Too much exposure to the sun can cause serious damage to your skin and, in the worst case, may result in melanoma.

Whenever you are going in the sun, make sure you take adequate precautions to avoid sun damage. By following the simple steps of 'Slip, Slop, Slap, Slide, Slurp and Seek', you can enjoy the beach and outdoors safely.

Slip on a shirt

Long-sleeved shirts will provide the best protection against harmful ultra violet (UV) rays.

Slop on some sunscreen

Apply sunscreen at least 15 minutes before going into the sun. For the best protection use 30+ sunscreen and be sure to re-apply every two hours or after swimming.

Slap on a hat

Wide-brim hats are best as they cover your head and provide shade for your face.

Slide on some sunglasses

Eyes are one of your most important assets and you have to take care of them. UV-protective sunglasses will help prevent your eyes from getting sun-damaged.

Slurp lots of water

When visiting the beach or staying out in the sun for extended periods, ensure that you drink plenty of water. Even if you are in the water, you can still dehydrate.

Seek some shade

Protective tents are a great way to protect you from the sun, but take care to ground them properly so they don't fly away and cause injury to other beach visitors.

Recommendations:

Avoid direct exposure to the sun during the hottest part of the day – between the hours of 10:00 am and 3:00 pm



Clubs and branches are advised to ensure they have adequate measures in place to ensure the protection of Junior Activities members from the sun, e.g. Tents for shade cover, drinks stations on the beach, wearing of hats when not in the water

It is mandatory for all North Queensland Branch Junior Activities competitors to wear one of the following sun protection clothing options during beach events: Long sleeved club shirts, long sleeved rash shirts, or full length stinger suits.

SLSQ HEAT MANAGEMENT POLICY

SLSQ has a heat management policy, which aims to provide a framework for the effective management of activities where because of high temperatures, members may be at an elevated risk of heat illness. The objective is to modify the format of the activity so it may continue on a basis which minimises the risk of heat stress to participants.

For all heat management requirements, please refer to the SLSQ Policy ADM17 - Heat Management Policy