

# Nepean Women's Golf Club Sun Protection and Heat Policy

The policy is in place to help Nepean minimise the risks of overexposure to UV and excessive heat to its members.

## Heat Policy

In order to minimise overexposure to UV and heat illness:

If Thursday's forecast is for:

- 36 degrees or above at 6 pm on Wednesday night then the next day's competition will be cancelled and members will be advised by email.
- 32 degrees or above at 7 am on Thursday morning then the competition may be reduced to nine holes.

All members are encouraged to carry water with them whilst on the course.

## Sun Protection measures

### Clothing

- Sun-protective clothing is included as part of the uniform. The Nepean polo shirt is made from UPF (UV protection factor) 50+ material and has short sleeves and a collar.
- Tops are loose-fitting and lightweight.
- Where the uniform does not provide adequate sun protection, participants are reminded to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen to all exposed skin.

### Sunscreen

- SPF30 (or higher) broad spectrum, water resistant sunscreen is provided in The Pavilion.
- Participants are encouraged to apply sunscreen 20 minutes before going outside and to re-apply every two hours.
- Sunscreen is stored below 30°C and replaced once it has passed 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.

### Hats

- Wide-brimmed or bucket style hats are promoted to members as a better option than caps and visors.

### Shade

- Members are encouraged to bring their own temporary shade eg umbrellas.

### Sunglasses

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