



## AUSTRALIAN WATER POLO INCORPORATED

### SUN PROTECTION POLICY

#### PURPOSE

This policy is designed to provide guidelines that will minimise the risks associated with sun exposure for all participants in water polo.

#### RATIONALE

Water Polo Rule 5.5 currently states that:

*“Players shall not have grease, oil or similar substances on the body. If a referee ascertains before the start of play that such a substance has been used, he shall order it to be removed immediately. If the offence is detected after play has started, the offending player shall be excluded for the remainder of the game and a substitute permitted to enter the field of play.. “*

This rule is obviously intended to prevent a player gaining an unfair advantage when being challenged for the ball during competition. It does not take into account, however, the greater importance of protecting the skin during extended exposure to the sun.

Australian Water Polo Inc wishes to establish practices that enable all players, referees, coaches, spectators and other participants to enjoy their involvement in water polo in the safest possible environment.

At the FINA Junior Men's Water Polo World Championships which was held in Cairo, Egypt in August 1993, the Technical Water Polo Committee decided to allow the use of alcohol-based sunscreens and has also adopted this policy at subsequent FINA Water Polo events. As a consequence, Australian Water Polo Inc recommends that alcohol-based sunscreens be used during competition and that WP Rule 5.5 not be enforced when they are used.

Australian Water Polo Inc intends to permit the use of alcohol based sunscreens in all Water Polo fixtures and will encourage and support other practices among all participants that reduce sun exposure. For the safety of participants, it is obviously vital that sun protection methods be implemented to minimise the risks of skin damage and more serious afflictions. Australian Water Polo Inc is acutely aware of the need to implement a code of prevention behaviour and reinforce this through the education of it's members and by advising coaches and referees.

#### AIMS

Australian Water Polo Inc aims to:

- Expand the use of alcohol based sunscreens by players during all levels of water polo competition in Australia

- Increase awareness of the potential damage from sun exposure and methods for preventing further damage
- Increase the number of participants, coaches referees and spectators who protect themselves from sun exposure

## **PROCEDURES**

Australian Water Polo Inc will undertake to:

- Authorise the use of alcohol based sunscreens during competition
- Provide information updates on permissible sunscreen use to clubs and associations for dissemination to players, coaches and referees.
- Reinforce sun smart behaviour through posters, information brochures and newsletter articles
- Encourage coaches, referees and other adults to act as positive role models by wearing appropriate hats, sunglasses and clothing, using SPF15+ sunscreen and seeking shade whenever possible
- Incorporate information about sun smart behaviour and permissible sunscreens into coaching and refereeing courses
- Provide sunscreen at Australian Water Polo Inc sponsored events and for National Teams during competitions
- Support FINA in altering existing rules to officially endorse the use of alcohol based sunscreens