



Sun Safe Policy

The health of participants is of primary concern to the members of the GaleForce Running Squad. It is acknowledged that skin cancer is a major public health problem in Australia, with two out of every three people requiring treatment for some form of skin cancer in their lifetime. It is recognised that skin cancer is preventable and like any other medical condition, it is best dealt with by the application of preventable measures. Whilst the GaleForce Running Squad will endeavour to assist in sun protection when at training, competition events & social events, it is accepted that ultimately, the responsibility is that of each individual.

- ✚ Where possible, the GaleForce Running Squad will endeavour to schedule training sessions, social events & competitions outside the hours of 9:00am & 3:00pm;
- ✚ The GaleForce Running Squad will endeavour to provide broad spectrum 30+ sunscreen or zinc cream for members at training sessions & competitions;
- ✚ Members of the GaleForce Running Squad will be encouraged to wear a hat which protects the face, ears, neck & crown of the head whilst at training sessions or competitions;
- ✚ Members of the GaleForce Running Squad will be encouraged to use 100% UV protective sunglasses whilst at training or competitions;
- ✚ Maximum use will be made of existing natural shade cover;
- ✚ Where natural shade cover is not adequate, the GaleForce Running Squad will endeavour to provide or erect suitable structures or provide portable shade structures at all training sessions or events;