

Nepean Women's Golf Club Inc. – 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.

In order to minimise overexposure to UV and heat illness:

Tee times from first week in November through to the end of March will commence half an hour earlier at 7.30 am.

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

1. 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

2. 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

3. Hats

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

4. Shade

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

5. Sunglasses

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

Review

- This SunSmart policy will be reviewed regularly
- This policy was last updated on October, 2020
- Next policy review October, 2021