New Zealand Ju-Jitsu Federation (NZJJF)

Sun Smart Policy

BACKGROUND

The New Zealand Ju-Jitsu Federation (NZJJF) recognises that training will in most circumstances be conducted indoors, however the NZJJF is committed to the promotion of being SunSmart whenever activities are held outdoors.
If organisations are running an outdoor event from September to April it is important to incorporate SunSmart steps.

REFERENCES

[1] https://www.sunsmart.org.nz/learn-more/running-sunsmart-event
[2] https://wellington.cancernz.org.nz/assets/Sunsmart/Information-sheets/Sun-protection/1146-CSNAT-IS-planning-sunsmart-outdoor-events-v1-2.pdf

PURPOSE

The New Zealand Cancer Society advises the sun's ultraviolet (UV) radiation is the main cause of skin cancer. UV damage also causes sunburn, tanning, premature ageing and eye damage. New Zealand has one of the highest rates of skin cancer in the world. Two in three New Zealanders will develop some form of skin cancer before the age of 70.
Sunburn and other UV damage is common while playing or watching sport outdoors when people are exposed to the sun's UV radiation for long periods of time.
This policy is in support of the recognition that all NZJJF members and clubs have a duty of care to both their members, coaches, officials and to spectators.

OVERVIEW

Skin cancer is by far the most common cancer affecting New Zealanders.
It is estimated that over 80,000 Kiwis get non melanoma skin cancer each year.
Each year more than 2,000 melanomas are reported to the New Zealand cancer registry.
In 2009 it was estimated that $57m was the annual cost of treating skin cancer. This estimate was before immunotherapy agents such as Opdivo and Keytruda were available.

PROCEDURE

NZJJF members, officials, coaches and clubs should promote the SunSmart steps to protect yourself – Slip, Slop, Slap and Wrap and be sun protection role models.

REFERENCE

[1] https://www.sunsmart.org.nz/be-sunsmart/be-sunsmart

SLIP

Plan and provide shade and encourage players and spectators to take advantage of shade from buildings and trees during outdoor events.
For example:

- use marquees, tents and umbrellas
- allocateshaded areas
- encourage people to bring portable shade structures, like beach umbrellas.

SLAP/WRAP

Provide or encourage coaches, participants and officials to wear appropriate sun protective clothing, headwear and sunglasses during outdoor training sessions, covering as much skin as possible.
Fabrics with a tighter weave and darker colours will give you better protection from the sun.

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Wear a wide brim or a cap with flaps. More people are sunburnt on the face and neck than any other part of the body.
Choose close fitting, wrap around style sunglasses. Not all sunglasses protect against UV radiation, so always check the label for sun protection rating.

SLOP (SUNSCREEN)

No matter how high the sunscreen's Sun Protection Factor (SPF) is, some of the sun's UV radiation can reach our skin. Sunscreen helps reduce exposure to UV radiation, but that's all. It should not be used to increase the amount of time you can spend in the sun.
Always use a broad-spectrum, water resistant, sunscreen of at least SPF30.
Everyone should be encouraged to apply sunscreen 20 minutes before training or competition and to reapply every two hours or immediately after sweating.
Everyone should be encouraged to apply a generous amount of sunscreen (the equivalent of one teaspoon per limb).
If handling practice weapons, ensure palms are not slippery.
Sunscreen should be stored below 30°C and replaced once it is past the use-by date.

REFRENCE

[1] https://www.sunsmart.org.nz/sites/default/files/resources/2018-03/2.0-SS063_Factsheet_for_Pharmacy_A_SNov_2017.pdf

UVI and SUN PROTECTION ALERT

The Ultraviolet index (UVI) is an international, scientific measure of the level of ultraviolet radiation in the environment. The higher the number the greater the risk of skin damage. The Cancer Society advises sun protection when the UVI is 3 or higher.

UV Index	Sun Protection
1-2 Green LOW	No protection required
3-5 Yellow MODERATE	Protection required when spending extended periods in the sun, especially if you have fair skin
6-7 Amber HIGH	Protection essential between 10am and 4pm. Slip, slop, slap and wrap.
8-10 Red VERY HIGH	Seek shade between 10am and 4pm. Slip, slop, slap and wrap. Cover up. Re-apply sunscreen regularly.
11+ Purple EXTREME	Reschedule outdoor activites for early morning and evening. Full protection essential.

In New Zealand, UV levels are monitored by NIWA.
The Sun Protection Alert tells you the time each day that you need to protect your skin and eyes. [https://www.sunsmart.org.nz/sun-protection-alert]
Schedule training times, competitions and outdoor events outside the daily sun protection times when possible – especially those normally scheduled for the middle

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	of the day. **REFERENCE** [1] https://niwa.co.nz/our-services/online-services/uv-and-ozone/forecasts
BE SUNSMART	When used in combination the methods of protection such as wearing clothing (including a wide-brimmed hat and close fitting sunglasses) and sitting in shade, sunscreen will help protect against sunburn and UV damage The Be SunSmart poster promotes the five SunSmart steps to protect skin and eyes from UV radiation. The poster can be displayed in your dojo or at outdoor events to promote Sun Safety. **REFERENCE** [1] https://www.sunsmart.org.nz/sites/default/files/resources/2016-10/Be%20SunSmart%20Icon%20Poster.pdf
SKIN CHECK	Regular skin checks increase the chance of finding melanoma and other skin cancers at an early stage when they are easier to treat. Make sure you check your entire body, including skin not normally exposed to the sun. Use a hand-held mirror or ask for help from someone else to check difficult areas (eg, scalp, back and neck). Look for a new spot or an existing spot, freckle or mole that is different to others or that has changed in colour, shape or size. Sometimes melanomas may be itchy or may bleed but usually there are no symptoms. Some may become raised quickly and catch on clothing. If you are concerned about any skin changes, you should contact your GP or a skin specialist. **REFERENCE** [1] https://www.sunsmart.org.nz/skin-cancer