Australian Underwater Federation Inc.

Underwater Hockey Australia Incorporated
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AUF, UHA & SIA Sunsafe Position Statement – November 2025

The **Sunsafe Position Statement** provides essential, evidence-based guidance on sun safety in Australia. While some details may appear technical, sun protection is a **non-negotiable part of living, training, and competing outdoors**.

The **2026 Australian Underwater Hockey National Championships** will be held on the **Gold Coast in January**, one of the hottest times of the year. The venue pools are **uncovered**, so strict adherence to sun safety protocols is **mandatory** for all athletes, officials, and spectators

Team Managers, Coaches, and Chaperones must actively ensure sun safety compliance, particularly among junior athletes.

When not in the pool or under shade, all athletes must:

- Wear hats (preferably broad-brimmed)
- Wear t-shirts (not singlets)
- Apply sunscreen correctly and regularly
- Wear sunglasses (recommended)
- Maintain hydration using refillable water bottles

Sunscreen is essential, but some products can harm pool quality and interfere with streaming. To balance **safety and event quality**, all participants are required to:

- Use 100% mineral, non-nano zinc oxide or titanium dioxide sunscreens
- Avoid aerosol sprays – please use sticks or creams
- Apply 15 minutes before swimming, preferably on moisturized skin
- Rinse off before entering the pool to reduce residue

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- These sunscreens are **reef-safe**, better for **skin health**, and less reactive with pool chemicals.

Tips for Mineral Sunscreen Application

- Shake well before use – some products separate.
- Warm in hands before applying to small areas of moisturized (easier to apply) skin
- Choose **sheer or tinted** formulations for less visible residue.
- Use about **2 tablespoons (a shot glass full)** for full-body coverage.
- **Reapply every two hours** or after swimming/sweating.

Some Australian Brands

(Examples only – not mandatory brands)

- AussieZinc – 110g, ~$25.60
  Little Urchin – 3.5oz, ~$24.95
  Invisible Zinc – 100ml, ~$29
  Wotnot Natural Sunscreen – 45g, ~$24.95

Sunscreen Station at Nationals

The **AUF and UHA** will provide a **Sunscreen Station** stocked with **100% mineral products** for all attendees.
These will be **for use at the station only** – please **bring your own mineral sunscreen** for individual use and reapplication.
Players with sensitive skin, will have the opportunity to spot try supplied sunscreen

By following these practices, we protect both the health and safety of our athletes and the quality of our facilities and event streaming coverage.