

## **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.

**PLEASE NOTE:** The AUF and UHA have agreed to allow players to use rash vests at open air pool complexes. This is **NOT** mandatory. It is a recommended sun-safe practice, however, optional only. If states choose to purchase rash vests (long, short or no sleeve), they must be in line with the Uniform Policy in so much as the printed design and colours are to match policy and must have the AUF logo printed on the left breast.

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



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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
- 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



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### **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.**



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