

APPENDIX A - SUNSMART POLICY

SUMMARY

Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world. Two in three Australians will develop some form of skin cancer before they reach the age of 70. People often experience sunburn and skin damage when playing or watching sport due to extended periods exposed to high levels of UV without appropriate sun protection.

POLICY

It is extremely important that member clubs encourage all participants and spectators to be SunSmart.

Sun protection measures

1. Clothing

- Sun-protective clothing is included as part of on and off-field uniform and uniform for officials and volunteers.
- Tops/jerseys are made from UPF (UV protection factor) 50+ material and have long sleeves and a collar.
- Tops/jerseys are loose fitting and lightweight.
- Where the competition uniform does not provide adequate sun protection, participants are reminded to apply SPF 50+ sunscreen to all exposed skin and wear covering clothing whilst not on the field.

2. Sunscreen

- SPF 50+ broad spectrum, water resistant sunscreen is promoted and/or provided to participants. People with naturally very dark skin (not a tan or olive skin) may not need to wear sunscreen.
- Participants are encouraged to apply sunscreen 20 minutes before training or playing and to reapply every two hours or immediately after swimming or towelling dry.
- Sunscreen is stored below 30°C and replaced once it is past 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 SPF 50+ broad spectrum, water resistant sunscreen.

3. Hats

- Wide-brimmed or bucket style hats are included as part of the on and off-field uniform (even if they can't be worn in actual play). Caps and visors do not provide adequate sun protection to the face, ears and neck.

4. Shade

- An assessment of existing shade has been conducted (using the SunSmart shade audit resource) at commonly used outdoor venues.
- When not actively playing or between individual events, participants are able to rest in shaded areas.

- Where there is insufficient natural or built shade, temporary shade structures are provided or participants are notified to bring their own temporary shade (e.g. tents or umbrellas).
- The use of shade from buildings, trees and other structures is utilised where possible (e.g. for player interchange, marshalling areas, spectator areas).
- Marshalling, interchange and presentation ceremony areas are protected by shade.
- Participants and officials rotate to cooler, shaded areas.

5. Sunglasses

Participants are advised to wear sunglasses that have an eye protection factor (EPF) rating of 9 or higher.