

Sun Protection Policy

Australia has the highest incidence of skin cancer in the world. Most skin damage, including skin cancer is the result of cumulative exposure to the sun. Much of the damage occurs during childhood and adolescence. Research also suggests that sunburn is a contributor to skin cancer and other forms of skin damage such as wrinkles, sunspots, blemishes and premature ageing. Most skin cancer and skin damage is therefore preventable.

**Aims:** This policy aims to ensure all participants, officials and spectators are protected from the harmful effects of the sun throughout the year, and that we provide a sporting environment that supports sun safety awareness and practices.

**Our commitment:** Our club has a duty of care to promote safety in the sun for everyone involved in our activities. We will do this by providing and promoting sun protection information to our members and families. We will encourage everyone to take personal responsibility for decision making about skin protection.

Participants, officials and spectators will be encouraged to access the SunSmart UV Alert at [www.cancercouncil.com.au/sunsmart](http://www.cancercouncil.com.au/sunsmart) to view local UV levels. Wherever possible, we will use a combination of sun protection measures for all outdoor activities from September until the end of March and whenever UV levels reach 3 and above (the level that can damage skin and eyes) including the following:

**Scheduling training sessions:**

* Schedule training times outside of peak UV times of 10am-2pm (11am-3pm) daylight saving time.
* Consider all sun protection measures when planning outdoor events and/or training.

**Shade:**

* Hold training sessions at venues that provide adequate shade.
* Provide 4 sun shelters at various diamonds each Saturday.
* Encourage participants, officials and spectators to use the shade available, and encourage people to bring their own umbrellas.

**Hats:**

* Ensure that officials and participants are provided with or encouraged to wear hats that protect the face.
* Encourage members to always bring hats and enforce the importance of the protection that hats provide.

**Clothing:**

* Ensure that officials and participants are provided with or encouraged to wear sun-safe clothing that covers as much skin as possible, including shirts/tops with longer sleeves and a collar, and long shorts or pants.
* Encourage the use of clothing that is cool, loose fitting and made of densely woven fabric into the club uniform.

**Sunscreen:**

* Sunscreen will be available in each team’s kit that is at least SPF 30+, broad-spectrum and water resistant and participants, coaches, officials and spectators are encouraged to use it appropriately.
* Ensure that sunscreen is applied at least 20 minutes before going outdoors, and is reapplied every 2 hours when outdoors, or after getting wet or perspiring.

**Sunglasses:**

* Encourage officials and participants to wear close-fitting, wrap-around sunglasses that cover as much of the eye area as possible.

**Increase awareness of sun safety:**

* Regularly promote sun protection information and research to officials, participants and spectators through newsletters, our website and Facebook page and registration.
* Provide a copy of and inform individuals about the club’s Sun Protection Policy when they apply for registration.

**Role modelling:**

* Encourage all officials, coaches, trainers and adult members of the club to act as positive role models for younger members in all aspects of sun behaviour, including using a combination of sun protection measures.

**Review:**

* The Sun Protection Policy will be regularly monitored and reviewed by the committee to ensure it remains relevant and current.

Signed (by designated authorities)

|  |
| --- |
| Considered and accepted by the Peninsula Softball Club Committee: |
| Considered and accepted by the Club President: |
| Considered and accepted by the Coaching Staff: |

Further resources:

Additional resources for sporting organisations can be found on Cancer Council NSW’s website at <http://www.cancercouncil.com.au/sunsmart>, including

* SunSmart UV Alert: You can check the SunSmart UV Alert daily at [www.cancercouncil.com.au/sunsmartuvalert](http://www.cancercouncil.com.au/sunsmartuvalert), in most local newspapers, or by downloading the free SunSmart App for IPhones and Android.