

**WEST COBURG CRICKET CLUB**

**SunSmart POLICY**

The following policy is in place to help the West Coburg Cricket Club minimise the risks of overexposure to UV.

## **1. RATIONALE**

A balance of ultraviolet radiation (UV) exposure is important for health.

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 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.

Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for the development and maintenance of healthy bones and muscles, and for general health.

**2. SUN PROTECTION TIMES**

* A combination of sun protection measures are needed during the daily local sun protection times (issued whenever UV levels reach three and above), typically from the start of September to the end of April in Victoria.
* To assist with the implementation of this policy, club officials, coaches and participants are encouraged to access the daily local sun protection times at sunsmart.com.au, on the free SunSmart app or SunSmart widget (on the club website) and in the weather section of the newspaper.
* From May to August in Victoria, UV levels are usually below three so sun protection is not normally needed unless near highly reflective surfaces such as snow or outside for extended periods.

3. **SCHEDULES, FIXTURES AND RULE MODIFICATIONS (INCLUDING A CANCELLATION POLICY)**

* Where possible, training, events and competitions are scheduled to minimise exposure to UV and heat.
* Cancellation of training, events or competition occurs (according to the rules of the VTCA and NWMCA when high risk conditions are forecast

 [](http://www.sunsmart.com.au/)

Where it is not possible to avoid peak UV and heat periods, the following interim steps may be taken to minimise the risk of overexposure to UV and heat illness:

* Warm-up activities are limited in duration and intensity.
* The duration of the activity is reduced.
* Activities start earlier in the morning or later in the evening.
* Rest breaks and opportunities to seek shade and rehydrate are increased.
* Officials rotate out of the sun more frequently than usual.
* Player interchange and substitution is used more frequently than usual.
* Activity is held at an alternative venue (e.g. training at a pool)
* Officials, coaches and senior members act as role models by wearing sun-protective clothing and hats, applying sunscreen and seeking shade wherever possible.

**4. 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 a collar.
* Tops/jerseys are loose-fitting and lightweight.
* Where the competition uniform does not provide adequate sun protection, participants should be reminded to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen to all exposed skin and wear covering clothing or seek shade whilst not on the field.
* Sunscreen
* SPF30 (or higher) broad-spectrum, water- resistant sunscreen is promoted and/or provided to participants.
* Participants are encouraged to apply sunscreen before training or playing and to reapply every two hours.
* 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).

1. **Hats**

* Wide-brimmed or bucket hats are included as part of the on and off-field uniform if preferred. Club caps are also available although it is recognized that they do not provide adequate sun protection to the ears and neck.

1. **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 if available or participants are notified to bring their own temporary shade (e.g. tents or umbrellas).
* Shade from buildings, trees and other structures is used where possible (e.g. for player interchange, marshalling areas, spectator areas).
* Marshalling, interchange and presentation ceremony areas are conducted in shade wherever possible.
* Participants and officials rotate to cooler, shaded areas.
* Sunglasses
* Participants are advised to wear sunglasses that meet the Australian standard (ASNZS 1067:2003).

**POLICY REVIEW**

This policy will be reviewed every year in line with the review of the club's other policies to ensure that it remains relevant to our club's operations and reflects both community expectations and legal requiremants.

This regular review process forms the basis of our club's commitment to:

* All club policies
* Identification, training and support for members including the Member Protection Officer.
* Informing club members and visitors of our policies.

Signed: Geoff Law Date: September 2020

Secretary

*(This document is based on a suggested template for Sporting Clubs from the SunSmart web page.)*

 [](http://www.sunsmart.com.au/)