

MACQUARIE FOOTBALL LIMITED A.C.N. 050 293 153

NEWCASTLE FOOTBALL LIMITED A.C.N. 052 054 163

HUNTER VALLEY FOOTBALL INCORPORATED

## **SUN SAFETY POLICY**

Issued by the Joint Board of Directors of Macquarie Football Limited, Newcastle Football Limited and Hunter Valley Football Incorporated.

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# **POLICY ON SUN SAFETY**

## **1.0 POLICY**

### **1.01 WARNING**

The health of participants is of primary concern to the Zone Association. It must be acknowledged that skin cancer is a major public health problem in Australia. It is recognized medically that skin cancer is preventable and, like any other medical condition, is best dealt with by the application of preventative measures.

### **1.02 PERSONAL RESPONSIBILITY**

While the Zone Association shall endeavour to assist in sun protection when at meetings, training and matches, it must be accepted that ultimately the responsibility for sun protection preventative measures rests with the individual and for younger players with the parents.

## **2.0 APPLICATION**

2.01 Officials, senior and junior players, supporters and spectators shall be encouraged to participate in Sun Safety Policies as follows:

- 2.01.01 Outdoor activities shall be scheduled to reduce UV exposure wherever possible.
- 2.01.02 Maximum use should be made of existing natural shade.
- 2.01.03 Maximum use should be made of shade from existing buildings and other human-made structures.
- 2.01.04 Where human-made structures do not provide adequate shade, the Zone Association and its Members should endeavour to erect suitable structures or provide portable shade structures at all events.
- 2.01.05 Due to the conducting of events at various localities, the Zone Association hereby advises its Members that every endeavour should be made to provide suitable shade structures for the number of people attending the event.
- 2.01.06 The Zone Association and its Members should strive to conform to the Cancer Council guidelines for Sun Safe clothing when selecting uniforms.
- 2.01.07 The Zone Association and its Members should endeavour to provide in canteens, either for sale or to be available at no cost, broad spectrum 15+ sunscreen or zinc cream.
- 2.01.08 Officials, players (where practical), supporters and spectators should be encouraged to wear a hat (not baseball caps) that protects the face, ears, neck, shoulders and crown of head, whilst participating in football activities

- 2.01.09 Officials, players (where practical), supporters and spectators should be encouraged to wear long sleeved shirts with collars.
- 2.01.10 The Zone Association and its Members should consider the reflective properties of light coloured clothing and the absorptive properties of dark coloured clothing when choosing uniforms.
- 2.01.11 Officials, players (where practical), supporters and spectators should be encouraged to use 100% UV sunglasses at all of the Zone Association's and Member's activities held during daylight hours.
- 2.01.12 The Zone Association and Members should endeavour to promote sun safety in a positive way, through newsletters, written literature and by means of the public address system.
- 2.01.13 The Zone Association and Members should ensure that coaches, trainers, officials and members in prominent positions, act as strong role models, making full use of all means of sun protection available and practicable.
- 2.01.14 Officials of the Zone Association and of Members should endeavour to constantly revise and upgrade sun protection measures.
- 2.01.15 The Zone Association and Members should endeavour to act in a "sun safe" manner when organizing local, regional, interstate or national events.

## 2.02 REGISTRATION INFORMATION

When registering players, the Zone Association and Members should endeavour to

- 2.02.01 Show sun safety policy and request players to comply with it.
- 2.02.02 Encourage players to purchase suitable hats and protective uniforms when available.
- 2.02.03 Encourage players to wear 15+ broad spectrum sunscreen.
- 2.02.04 Encourage players to practice sun protective behaviour.
- 2.02.05 Encourage players to wear sunglasses which filter 100% of UV radiation when off the field.