

# KATANDRA FOOTBALL NETBALL CLUB

# SUNSMART POLICY



The following policy is in place to help Katandra Football Netball Club minimise the risks of overexposure to UV.

## **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.

## **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](https://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. It is best to check the SunSmart app to be sure.

## **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 AFL Victoria Country Football League/Picola and District Football Netball League when high risk conditions are forecast.

Where it is not possible to avoid peak UV and heat periods, the following interim steps are 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.
- Opportunities to seek shade and rehydrate are increased.
- Officials rotate out of the sun more frequently than usual.
- Player interchange and substitution shall be used more frequently than usual.
- Training can be conducted at an alternative venue such as a shady park or swimming pool.

## **Sun protection methods:**

### **1. Clothing**

- All uniforms and training tops shall be loose fitting and lightweight.
- Where the competition uniform does not provide adequate sun protection, participants are reminded to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen to all exposed skin.

### **2. Sunscreen**

- SPF30 (or higher) broad-spectrum, water-resistant sunscreen is promoted and/or provided to participants.
- Trainers shall have SPF30 (or higher) broad-spectrum, water-resistant sunscreen available in their on ground kit for re-application and also in their trainer's room for pre match/training application.

### **3. Shade**

- All participants and officials when not actively involved in either playing or officiating shall be able to rest in a shaded area and or a proper shelter.
- The use of alternative shade options shall be utilized for player interchange, marshalling and spectator areas such as shade from buildings and trees. (Please note: in inclement weather such as lightning storm please be aware where you seek shelter)

## **Education and information**

The times when sun protection is required (as determined by the Sun Smart UV Alert) are communicated to participants and spectators through the UV Alert Widget on the club's website <http://katandrafc.vcfl.com.au>

## **Review**

This SunSmart policy will be reviewed bi-annually to ensure that the document remains current and practical.

This policy was developed on 27<sup>th</sup> of July 2016.

For more information about sun safety and being SunSmart visit [sunsmart.com.au](http://sunsmart.com.au)