



Purpose

The purpose of this policy is to outline the Sun Smart Policy set by Cumberland Nepean Softball Association (CNSA).

Objective

CNSA will actively seek to promote, encourage and support sun protection at all activities under its auspices.

Procedure

1. Sun Smart Activities

- 1.1. Schedule activities outside the hours of 10:00am to 2:00pm (11:00am to 3:00pm daylight saving time) where possible.
- 1.2. Actively encourage players, team officials, umpires and supporters to use and re-apply SPF that is broad spectrum water resistant sun-screen on all exposed skin including face, back and front of neck and arms or as advised by the appropriate governing body.
- 1.3. Actively encourage players, team officials, umpires and supporters to maximise the use of existing shade provided by structures and vegetation at each venue. When shade is inadequate, CNSA will seek to work with relevant parties to provide more shade at sporting facilities.
- 1.4. Provide portable shade structures for players, team officials and supporters and actively encourage players, coaches, managers and supporters to provide and use their own portable shade structures.
- 1.5. Encourage players, team officials, umpires and supporters to wear a hat.
- 1.6. Incorporate the features of the Sun Smart Guidelines in the design of uniforms for players and the selection of clothing for officials and supporters. Refer to <https://www.cancercouncil.com.au/cancer-prevention/sun-protection/sunsmart-program/>
- 1.7. Allow players to use 100% UV protective sunglasses (including non-prescription sunglasses).
- 1.8. Ensure players, team officials, umpires and supporters are aware of the Sun Smart Policy and encourage them to comply with it.



- 1.9. Consider the Sun Smart Policy and sun protection strategies when formulating or changing rules at the Association and Club level.
- 1.10. Promote sun safely through newsletters, brochures, reminders over the PA system at competitions and other avenues as relevant.
- 1.11. Encourage team officials, umpires, senior athletes, officials and supporters to be Sun Smart role models.
- 1.12. Review and revise the Sun Smart Policy where applicable.

Version Control			
Version	Comments	Who	Date
Version 1.0	Update of CNSA policy - formatting Include online reference to the Cancer Council NSW	CNSA Executive	Oct 2017