



## SUN AND HEAT POLICY

The following policy is in place to help ASBA minimise the risks of overexposure to ultraviolet radiation (UV) and heat.

### **Rationale**

Whilst many basketball activities occur in indoor stadiums or on shaded courts, there is still a risk of overexposure to UV and heat.

### Heat

Vigorous exercise places some people at risk of heat illness, especially in hot weather. If untreated, heat illness can lead to the more serious and potentially life-threatening condition of heat stroke. By understanding the causes of heat illness, coaches, players and anyone involved in sport or physical activity can help prevent heat illness by using the advice provided in the Guidelines to minimise the risks.

### Ultra violet radiation

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.

### **Heat**

Where possible, training, events and competitions are scheduled to minimise exposure to heat. Where it is not possible to avoid peak heat periods, the following interim steps are taken to minimise the risk of heat illness:

- The need for hydration is communicated to participants and spectators as appropriate (see below).
- Air flow is maximised at training and competition venues (e.g. doors and windows are opened).
- Spaces with air-conditioning or fans are made available.
- Warm up activities are limited in duration and intensity.
- The duration of the activity is reduced.



## SUN AND HEAT POLICY

- Activities are scheduled to start earlier in the morning or later in the evening.
- Rest breaks and opportunities to rehydrate are increased.
- Player interchange and substitution should be used more frequently than usual.

### **Team Coaches and Managers should:**

- Ascertain whether any players have known medical conditions which may be affected by heat.
- Ensure that players take adequate fluid during the game.
- Make substitutions as appropriate.
- Utilise available time-outs.
- Be aware of first aid responses for heat illness.

### **Hydration**

- All participants (including officials and coaches) are required to bring their own clearly labelled drink bottle.
- Cool water is available to all participants and spectators.
- All those involved are aware that they need to be well hydrated before participating in physical activity.
- Flexible drink breaks are provided in hot or humid conditions.
- Individuals are permitted to drink between breaks at their own discretion.
- Referees, coaches and their parents must monitor junior players to ensure they drink plenty of fluid and watch for any signs of heat stress.

### **Ultra-violet Radiation**

A combination of sun protection measures are needed for most of the day in the Northern Territory (during the daily local sun protection times- whenever UV levels reach three and above.) To assist with the implementation of the policy, club officials, coaches and participants are encouraged to access the daily local sun protection times at [sunsmart.com.au](http://sunsmart.com.au).

Where possible, training, events and competitions are scheduled to minimise exposure to UV and are held in indoor stadiums or on courts with adequate shade. Even if basketball courts have a shade cloth cover, this may not be adequate to stop damaging amounts of UV and UV protection steps should be taken. Where it is not possible to avoid peak UV exposure, the following interim steps are taken to minimise the risk of overexposure to UV:

- The need for UV protection is communicated to participants and spectators as appropriate.
- 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 are increased.



## **SUN AND HEAT POLICY**

- Officials rotate out of the sun more frequently than usual.
- Player interchange and substitution is used more frequently than usual.
- Officials, Coaches and senior members act as role models by wearing sun-protective clothing and hats, applying sunscreen and seeking shade wherever possible.

### **Available sun protection measures**

#### **Clothing**

- Sun protective clothing should be considered as part of on and off field uniform and uniform for officials and volunteers where appropriate.
- Top/Jerseys are made from UPF (UV protection factor) 50+ material and have long sleeves and a collar.
- Tops are loose fitting and lightweight.
- Participants are reminded to wear covering clothing 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 20 minutes before training and playing and to reapply every two hours or immediately after swimming or towelling dry.
- Sunscreen is stored below 30c and replaced once it is past the use by date.
- Participants are encouraged to apply a generous amount of sunscreen (the equivalent of teaspoon per limb).
- The first aid kit includes a supply of SPF30 (or higher) broad-spectrum, water resistance sunscreen.

#### **Hats**

Wide brimmed or bucket hats are included as part of the on and off field uniform where appropriate (even if they can't be worn in actual play). Caps and visors do not provide adequate sun protection to the face, ears and neck and are not recommended.

#### **Shade**

- An assessment of existing shade has been conducted 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 share, temporary shade structures are provided or participants are notified to bring their own temporary shade (e.g. tents or umbrellas).



## **SUN AND HEAT POLICY**

- Shade from buildings, trees and other structures is used where possible (e.g. for player interchange, marshalling areas, spectator areas).
- Participants and officials rotate to cooler, shaded areas.

### **Sunglasses**

Participants are advised to wear sunglasses that meet the Australian standard (ASNZS 1067:2003).