



Capricorn Coast Football Club Inc. Sun Protection Policy

Aims: This policy aims to ensure all participants, officials and spectators in all Capricorn Coast Football Club Inc. events are protected from the harmful effects of the sun throughout the year, and that we provide a sporting environment that supports sun safety awareness and practice.

Capricorn Coast Football Club Inc. Commitment: Capricorn Coast Football Club Inc. have a duty of care to provide a safe environment for everyone involved in our activities. Providing a safe environment includes protecting people from the harmful effects of UV radiation. Participants, officials and spectators will be encouraged to access the Sun Smart UV Alert at www.cancercouncil.com.au/sunsmart to view UV levels. Wherever possible, Capricorn Coast Football Club Inc., will use a combination of sun protection measures for all outdoor activities which include the following:

1. Scheduling outdoor activities

Schedule outdoor events and/or training times (where practical) outside peak UV times of 10am-2pm (11am-3pm daylight savings time). Consider all sun protection measures when planning outdoor events and/or training. Investigate the feasibility of having evening training sessions, games and events and the use of undercover facilities where they are available.

2. Shade

Hold training sessions and competitions at venues that provide adequate shade. Encourage participants, officials and spectators to use the shade available and encourage people to bring their own shade alternatives.

3. Hats

Ensure that officials and participants are provided with or encouraged to wear sun-safe hats that protect the face, neck and ears. Recommend sun-safe hats including broad brim hats for non-players, legionnaire and soft floppy hats for players. Baseball caps do not provide adequate sun protection and are not recommended and may cause injury. Encourage members who do not bring hats, to stand in an area protected from the sun whilst not in the process of playing and recommend that Capricorn Coast Football Club Inc. representative and players utilise the supplied sun protection.

4. Clothing

Ensure that officials and participants are provided with or encouraged to wear sun-safe clothing that covers as much skin as possible, including shirts/tops with longer sleeves and a collar, and long shorts or pants. Incorporate clothing that is cool, loose fitting and made of densely woven fabric into the uniform. Any fabric with an ultraviolet protection factor (UPF) rating above 15 provides good protection against UV radiation, but UPF50+ is recommended (AS/NZS 4399:199).

5. Sunscreen

Sunscreen is available that is at least SPF30+, broad-spectrum and water resistant and participants, coaches, officials and spectators are encouraged to use it appropriately.

Ensure that sunscreen is applied at least 20 minutes before going outdoors, and is reapplied every 2 hours when outdoors, or after perspiring.



6. Sunglasses

Encourage officials and supporters to wear close fitting, wraparound sunglasses that cover as much of the eye area as possible and comply with Australian Standard AS/NZS 1067:2003 (Sunglasses: Category 2,3 or 4)

7. Increase Awareness of Sun Safety

Regularly promote sun protection information to officials, participants and spectators through briefings or training sessions, newsletters, notice boards, online communications, enrolment and announcements at sporting events. Inform individuals about the Capricorn Coast Football Club Inc., Sun Protection Policy when they apply for membership.

8. Role Modelling

Encourage all officials, coaches and adult members of Capricorn Coast Football Club Inc., to act as positive role models for all other members (participants) in all aspects of sun-safe behaviour, including using a combination of sun-protection measures.

9. Review

Capricorn Coast Football Club Inc. to regularly monitor and review the effectiveness of the Sun Protection Policy to ensure it remains relevant and current.

Considered and accepted by Capricorn Coast Football Club Inc.:

Print Name: Kerry Gray (2017 Club President)

Signature:

Date: 13 March 2017