

Rosanna Cricket Club – SunSmart Policy

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 levels of vitamin D, which is essential for the development and maintenance of general health.

Sun protection times

Sun protection measures are needed during sun protection times (UV levels three and above). Sun protection times can be accessed at sunsmart.com.au, on the free SunSmart app or widget (RCC website).

Schedules & fixtures

Where possible, training and other events are scheduled to minimise exposure to UV and heat. Cancellation of games will occur in line with DVCA heat policy. Where it is not possible to avoid peak UV and heat periods, the following steps are taken to minimise the risk of overexposure to UV and heat illness:

- Warm-up activities are limited.
- Rest breaks and opportunities to seek shade and rehydrate are increased.
- Hats and sunscreen are mandated (juniors) or encouraged (seniors).

Sun protection measures

1. Clothing

- Sun-protective clothing is included as part of on and off-field uniform.
- Tops are made from UPF (UV protection factor) 50+ material and have a collar.
- Tops are loose-fitting and lightweight.

2. Sunscreen

- Participants are reminded to apply sunscreen to all exposed skin.
- SPF30 (or higher) broad-spectrum, water-resistant sunscreen is provided.
- Participants are encouraged to reapply sunscreen every two hours.
- The first aid kit includes a supply of SPF30 (or higher) broad-spectrum, water-resistant sunscreen.

3. Hats

- Caps or wide-brimmed hats are part of the on field uniform.
- Caps should be accompanied by sunscreen on exposed areas.

4. Shade

- When not actively playing or between individual events, participants are encouraged to rest in shaded areas.
- Shade from buildings, trees and other structures is used where possible.
- Where there is insufficient natural or built shade, RCC will endeavor to provide temporary shade or participants will be notified to bring their own temporary shade (e.g. tents or umbrellas).

5. Sunglasses

- Participants wearing sunglasses are advised to use sunglasses which meet the Australian standard (ASNZS 1067:2003).

Review

- This policy will be reviewed bi-annually to ensure that the document remains current and practical.
- This policy was last updated on 01/10/2016.

Relevant Links

- SunSmart: sunsmart.com.au
- SunSmart apps: sunsmart.com.au/app
- Heat and UV Guide: sunsmart.com.au/downloads/communities/sports-clubs/uv-exposure-heat-illness-guide.pdf
- Shade audit: sunsmart.com.au/shade-audit/