



SUN SMART POLICY

Rationale:

We hear the dangers of extended periods of exposure to high levels of UV without appropriate sun protection, such as sunburn and skin damage. This damage can occur in our normal everyday activities and when we are either watching or playing sport. Spectators and players are subjected to higher levels of UV as a general rule between the months of September and April (in Victoria). When most Football Clubs and Netball Clubs are in full preseason training and practice matches. As a Club we can monitor Sun Smart UV alerts to ascertain when sun protection is required or when UV levels are 3 and above. Players and spectators are at a greater risk in the middle of the day. We also need to be alert to our changing weather conditions and be prepared all year round for differing weather patterns. From May to August in Victoria sun protection is at its lowest point unless you are subject to extended periods outside (warm ups and games), next to reflective services such as snow or when UV warnings are 3 and above.



Karingal Bulls

Founded 1969 Inc. No A 0006673H

Karingal Football Netball Club

ABN 65 297 861 914



Fixtures, schedules and rule modification (including cancellation policy):

- Where possible, training events and competitions are scheduled to minimize exposure to UV and heat
- Cancellation of training, events or competition occurs according to the rules of AFL Victoria Country League / AFL South East and Netball Victoria when high risk conditions are forecasted
- During our preseason and game day competition it may not be possible to avoid peak periods of UV and heat. The following interim steps are put in place to minimize such risks of overexposure and heat illness.
- Warm – up activities are limited in duration and intensity.
- The duration of activity is reduced.
- Activity times can vary and start either earlier in morning or later in the evening.
- Opportunities to seek shade and re-hydration are significantly increased.
- Officials rotate out of the sun more regularly than usual.
- Player interchange and substitution shall be used more frequently than the usual game day plan.
- Training can be conducted at an alternative venue such as a shady park or swimming pool.





Sun protection methods:

1. Sunscreen

- a) SPF 30+ broad spectrum, water resistant sunscreen is both actively promoted and supplied to all members and visitors.
- b) Trainers shall have 30+ broad spectrum water proof sunscreen available in their on ground kit for re-application and also in their trainers room for pre match / training application
- c) Sunscreen shall be available outside of the canteen for visitors

2. Shade

- a) 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.
- b) 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).

3. Clothing

- a) All game day jumpers and training tops shall be loose fitting and lightweight.
- b) Where the uniform of our club such as game day jumpers and training tops do not provide adequate sun protection, players and officials shall be reminded to apply SPF 30+ sunscreen to all areas of exposed skin.



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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 Sign.

Review

The Sun Smart Policy shall be reviewed annually to ensure that the document remains current and practical.

This Policy was developed on the 22nd of November 2015 and scheduled for review on or around the 22nd of November 2016.

