



Upwey Tecoma Cricket Club SUNSMART policy

The following policy is in place to help Upwey Tecoma Cricket Club.

Rationale

The sun's ultraviolet (UV) radiation is the main cause of skin cancer. UV damage also causes sunburn, tanning, premature ageing and eye damage. 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.

Sunburn and other UV damage is common when people are engaged in outdoor activities and exposed to the sun's UV radiation for long periods of time.

Sun protection times

- The sun protection times from the Bureau of Meteorology forecast the time of day UV levels are due to reach 3 or higher. At these levels, sun protection is recommended for all skin types. In Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April.
- A combination of sun protection measures are needed during the daily local sun protection times.
- To assist with the implementation of this policy, coordinators, organisers and participants are encouraged to access the daily local sun protection times at sunsmart.com.au, on the free SunSmart app or SunSmart widget (on the club website) and in the weather section of the newspaper.

Outdoor events and activities modifications (including a cancellation policy)

- Where possible, outdoor events and activities are scheduled to minimise overexposure to UV and heat.
- Outdoor events or activities are cancelled when high risk conditions are forecast.

Where it is not possible to reschedule or cancel events and activities, the following steps are taken to minimise the risk of overexposure to UV and heat illness:

- The duration of the outdoor activity is reduced.

- Activities start earlier in the morning or later in the evening.
- Water is provided.
- Shade is provided or the activity is held at an alternative, indoor venue, where possible.
- Leaders and organisers act as role models by wearing sun-protective clothing and hats, applying sunscreen and seeking shade wherever possible.

Sun protection measures (for during sun protection times)

1. Clothing

- Sun-protective clothing is included as part of the uniform.
- Tops are made from UPF (UV protection factor) 50+ material and have long sleeves and a collar.
- Tops are loose-fitting and lightweight.
- Where the uniform does not provide adequate sun protection, participants are reminded to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen to all exposed skin.

2. 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 going outside and to re-apply every two hours or immediately after sweating, swimming or toweling dry.
- Sunscreen is stored below 30°C and replaced once it has passed the use-by-date.
- Participants are encouraged to apply a generous amount of sunscreen (the equivalent of one teaspoon per limb).
- The first-aid kit includes a supply of SPF30 (or higher) broad-spectrum, water-resistant sunscreen.

3. Hats

- Wide-brimmed or bucket style hats are included as part of the uniform.



- Caps and visors do not provide adequate sun protection to the face, ears and neck and are not recommended.

4. Shade

- An assessment of existing shade has been conducted at outdoor venues.
- When not active outside, participants are able to rest in shaded areas.
- Where there is insufficient natural or built shade, temporary shade structures are provided or participants are notified to bring their own temporary shade (e.g. tents or umbrellas).
- Shade from buildings, trees and other structures is used where possible
- Presentation ceremony areas are protected by shade.
- The schedule allows for participants in outdoor activities to rotate to cooler, shaded areas.

5. Sunglasses

- Participants are advised to wear sunglasses that meet the Australian standard (ASNZS 1067:2016).

Education and information

- The times when sun protection is required (as determined by daily sun protection times) are communicated to participants and spectators.

Review

- This SunSmart policy will be reviewed regularly
- This policy was last updated on 25th March 2023.
- Next policy review: 25th March 2024

Relevant documents and links

- SunSmart: sunsmart.com.au
- SunSmart – event and festivals: <http://www.sunsmart.com.au/communities/festivals-and-events>
- SunSmart widget: <http://www.sunsmart.com.au/uv-sun-protection/uv/uv-widget>
- SunSmart app: sunsmart.com.au/app
- Heat and UV Guide: [sunsmart.com.au/downloads/communities/](http://sunsmart.com.au/downloads/communities/sports-clubs/uv-exposure-heat-illness-guide.pdf)

[sports-clubs/uv-exposure-heat-illness-guide.pdf](http://sunsmart.com.au/downloads/communities/sports-clubs/uv-exposure-heat-illness-guide.pdf)

- **Shade audit:** sunsmart.com.au/shade-audit/
- **Australian Government Therapeutics Goods Administration (TGA) – Australian regulatory guidelines for sunscreens: 4. Labelling and advertising – directions for use of the product**

For more information contact SunSmart:

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This information is based on current available evidence at the time of review. It can be photocopied for distribution. Last update: September 2017