

**Upper Ferntree Gully Cricket Club (UFTGCC) SunSmart Policy**

This policy applies to all UFTGCC events on and off-site.

1. **Purpose**

This SunSmart policy provides guidelines to:

* ensure all players and officials are protected from over-exposure to UV radiation;
* ensure the outdoor environment provides shade for players and officials;
* ensure players and officials are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection;
* support duty of care requirements; and
* support appropriate OHS strategies to minimise UV risk and associated harm for players and officials.

1. **Background**

Too much sun (UV) exposure can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life.

1. **Legislation and Standards**

* [Occupational Health and Safety Act 2004](http://www.legislation.vic.gov.au/Domino/Web_Notes/LDMS/PubStatbook.nsf/edfb620cf7503d1aca256da4001b08af/750E0D9E0B2B387FCA256F71001FA7BE/$FILE/04-107A.pdf)

1. **Procedures**

To assist with the implementation of this policy players and officials are encouraged to access the daily local sun protection times via the free [SunSmart app](http://www.sunsmart.com.au/tools/interactive-tools/free-sunsmart-app), or at [sunsmart.com.au](http://www.sunsmart.com.au).

The sun protection measures listed are used for all outdoor activities during the **daily local sun protection times.**

*The sun protection times are a forecast from the Bureau of Meteorology for the time of day UV levels are forecast 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.*

***4.1* Seek *shade***

* UFTGCC will ensure as much as possible there are sufficient shelters and trees providing shade in outdoor areas, particularly in high-use areas e.g. scorers tables, batting waiting areas and spectator areas
* The availability of shade will be considered when planning all other outdoor activities
* Players and officials are encouraged to use available areas of shade when possible
* Players and officials are required to have appropriate hats or outdoor clothing
* In consultation with the UGTGCC Committee, shade provision will be considered in plans for future buildings and grounds.
* A shade assessment will be conducted at least annually to determine the current availability and quality of shade.  
  1. **Slip on *sun protective clothing***
* Cool, loose-fitting, sun protective clothing made of densely woven fabric is included in the UFTGCC playing uniform / dress code and sports uniform. It includes shirts with collars and elbow-length sleeves.

**4.3 Slap *on a hat***

* All players are encouraged to wear hats that protect their face, neck and ears (broad-brimmed or bucket hat), whenever they are outside.
  1. **Slop *on sunscreen***
* Players and officials should provide their own SPF30 (or higher) broad-spectrum, water-resistant sunscreen.
* UFTGCC will also supply SPF30 (or higher) broad-spectrum, water-resistant sunscreen for use by players and officials.
* Sunscreen should be applied in accordance with the manufacturer’s directions (which state to apply at least 20 minutes before going outdoors and reapply every two hours, or more frequently if sweating or swimming).
* Strategies are in place to remind players to apply sunscreen before going outdoors (e.g. reminder notices in change rooms).

**4.5 Slide on *sunglasses***

* Where practical, players and officials are encouraged to wear close-fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

1. **Engaging players and officials and families**

* SunSmart behaviour will be regularly reinforced and promoted to the whole cricket club community through the website, social media and notices.
* Players, officials, families and visitors will be encouraged to:
* wear a sun protective hat, covering clothing and, if practical, sunglasses;
* apply sunscreen; and
* seek shade whenever possible

1. **Monitoring and review**

* UFTGCC Committee will monitor the implementation of this policy on an ongoing basis. The policy will be formally reviewed at least every three years.
* SunSmart policy updates and requirements will be made available to players, officials, families and visitors.