

RIDDELLS CREEK SUN SMART PROTECTION POLICY

Sun protection times

A combination of sun protection measures is needed during the daily local sun protection times (issued whenever UV levels reach three and above), typically from the start of September to the end of April in Victoria.

To assist with the implementation of this policy, club officials, coaches and participants are encouraged to access the daily local sun protection times at sunsmart.com.au, on the free Sun Smart app or Sun Smart widget (on the club website) and in the weather section of the newspaper.

From May to August in Victoria, UV levels are usually below three so sun protection is not normally needed unless near highly reflective surfaces such as snow or outside for extended periods. It is best to check the Sun Smart app to be sure.

Schedules, fixtures and rule modifications (including a cancellation policy)

Where possible, training, events and competitions are scheduled to minimise exposure to UV and heat. Cancellation of training, events or competition occurs (according to the rules of Tennis Victoria) when high risk conditions are forecast.

Where it is not possible to avoid peak UV and heat periods, the following interim steps are taken to minimise the risk of overexposure to UV and heat illness:

- Warm-up activities are limited in duration and intensity.
- The duration of the activity is reduced.
- Activities start earlier in the morning or later in the evening.
- Rest breaks and opportunities to seek shade and rehydrate are increased.
- Officials rotate out of the sun more frequently than usual.
- Player interchange and substitution is used more frequently than usual.
- Activity is held at an alternative venue (e.g. training at a pool).
- Officials, coaches and senior members act as role models by wearing sun-protective clothing and hats, applying sunscreen and seeking shade wherever possible.

Sun protection measures

1. Clothing

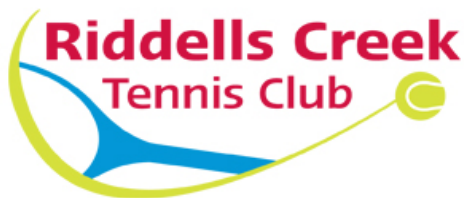
- Sun-protective clothing is included as part of on and off-field uniform and uniform for officials and volunteers.
- Tops/jerseys are made from UPF (UV protection factor) 50+ material and have long sleeves and a collar.
- Tops/jerseys are loose-fitting and lightweight.
- Where the competition uniform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

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 training or playing and to reapply every two hours or immediately after swimming or toweling dry.
- Sunscreen is stored below 30°C and replaced once it is past 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 hats are included as part of the on and off-field uniform (even if they can't be worn in actual play). Caps and visors do not provide adequate sun protection to the face, ears and neck and are not recommended.



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4. Shade

- An assessment of existing shade has been conducted (using the Sun Smart shade audit resource) at commonly used outdoor venues.
- When not actively playing or between individual events, 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 (e.g. for player interchange, marshalling areas, spectator areas).
- Marshalling, interchange and presentation ceremony areas are protected by shade.
- Participants and officials rotate to cooler, shaded areas.

5. Sunglasses

- Participants are advised to wear sunglasses that meet the Australian standard (AS/NZS 1067:2003).

Education and information

- The times when sun protection is required (as determined by Sun Smart's daily local sun protection times) are communicated to participants and spectators.
- Participants are notified at the beginning of September that sun protection measures need to be implemented

Relevant documents and links

Sun Smart: sunsmart.com.au

Sun Smart sun protection times widget: sunsmart.com.au/uv-sun-protection/uv/uv-widget

Sun Smart 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/

For further information contact Sun Smart:

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Disclaimer

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