



Nollamara Tennis Club

SunSmart Policy

Rationale

The sun's ultraviolet (UV) radiation can't be seen or felt. Whatever the weather, it's important for people of all skin types to use sun protection whenever UV levels are three or higher.

Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70.

While playing or watching sport, people are exposed to the sun's UV for long periods of time.

Sporting clubs and organisations have a responsibility under health and safety legislation to provide and maintain a safe working environment for staff, volunteers, players and spectators. By minimising UV harms, we aim to fulfil this obligation and duty of care.

Sun Protection Times

Nollamara Tennis Club will encourage club officials, coaches and participants to access the daily local sun protection times via the free SunSmart app or at sunsmart.com.au.

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

The following sun protection measures are needed during the daily local sun protection times:

- Ensuring adequate shade is provided where possible.
- Providing free sunscreen to members and visitors.
- Encouraging players to use sunscreen and to wear suitable clothing and hats.

Schedules, Fixtures and Rule Modifications

Where possible, Nollamara Tennis Club will schedule training, events, and competitions at times to minimise exposure to UV and heat, and will cancel training, events or competition according to Tennis West guidelines when high-risk conditions are forecast.

Where it is not possible to avoid peak UV and heat periods, the following measures will be considered to minimise risks:

- Warm-up activities limited in duration and intensity.
- Reduced duration of the activity.
- Starting activities earlier in the morning or later in the evening.
- Increase the number of rest breaks and opportunities to seek shade and rehydrate.
- Officials, coaches and senior members acting as role models by wearing sun-protective clothing and hats, applying sunscreen and seeking shade wherever possible.



Sun protection measures

1. Clothing

Nollamara Tennis Club recommends players wear appropriate clothing and have club shirts for sale that comply with this SunSmart policy, including long sleeve options. In particular, NTC recommends shirts are:

- Made from UPF (UV Protection Factor) 50+ material, preferably with a collar.
- Loose-fitting and lightweight.

2. Sunscreen

Nollamara Tennis Club provides free sunscreen and ensures that:

- Only SPF30 (or higher) broad-spectrum, water-resistant sunscreen is provided.
- Sunscreen is stored below 30°C and replaced once it is past the expiry date.

The club encourages players to follow the following guidelines:

- Apply sunscreen 20 minutes before training or playing and reapply every two hours or immediately after sweating or toweling dry.
- Apply a generous amount of sunscreen (the equivalent of one teaspoon per limb).

3. Hats and Sunglasses

Nollamara Tennis Club encourages players to wear a hat, and have a club cap for available for purchase.

The club understands that caps and visors do not provide adequate sun protection to the face, ears and neck, and that wide-brimmed hats are a better option. However, wide-brimmed hats are not practicable for many players, in which case a combination of cap and sunscreen is recommended.

Participants are advised to wear sunglasses that meet the Australian standard (AS/NZS 1067:2016).

4. Shade

Nollamara Tennis Club has had its requests for additional permanent shading rejected by the City of Stirling, but has acquired a temporary shade solution (i.e. gazebo) to provide adequate shade to its members and visitors.

Players are encouraged to rest in shaded areas when not actively playing.

Education and Information

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

Policy Review

This policy will be reviewed on annual basis to ensure that the policy remains current and practical.

Anyone wishing to discuss any aspect of this policy is invited to contact any members of the committee.

This policy was last updated on 30/08/2023

Next policy review: 30/08/2024