

SUN SMART POLICY

The following policy is in place to help Serpell Tennis Club minimise the risks of overexposure to UV.



Rationale

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 while playing or watching sport, and as a responsible tennis club we must maintain a safe environment for all our coaches, volunteers, players and spectators by minimising UV harms to everyone.

Education

All coaches, team managers, and competition players will be advised about being sun sensible at the start of each spring and summer term. This policy will be published on STC's website explaining what we are doing about sun protection and how everyone, including parents can help.

Protection

> Covering up:

Children should wear wide-brimmed hats or sports caps that shade as much of the ears, face and neck while outdoors.

All coaches staff will also cover up, wear sunscreen and wear hats, when appropriate, whilst on duty during hot weather.

> Drinking lots:

We will make sure drinking water is available and encourage children to drink regularly during hot weather.

> Creaming up:

Sunscreen use will be encouraged at all times during coaching and camp activity. Coaches to tell children that extra sunscreen is available in the club house in case children forget their own. Parents should apply sunscreen before their child leaves for coaching or competition, with a named bottle of sunscreen in their bag so it can be reapplied during the day. We recommend using as high an SPF as possible.

> Timetabling:

During higher UV periods we will ensure hats, clothing and sunscreen are all worn to help prevent sunburn. If a child seems to be suffering from dehydration or other issues to do with the heat, the responsible coach will inform the parent or carer immediately.

This policy was developed with the help of our Committee and will be reviewed annually.

If you have any queries about this policy, contact any member of the Committee.

committee@serpelltennisclub.com.au

Last update: September 2023

Next review: September 2024