

## Strathmore Tennis Club SunSmart Policy



Strathmore Tennis Club  
Loeman Street Strathmore

The following policy is in place to help Strathmore Tennis Club minimize the risk to UV radiation: -

### **Rationale:**

Sporting Clubs and Organisations have a responsibility under Health and Safety Legislation to provide and maintain a safe working environment for volunteers, players and spectators. By minimising harm from UV radiation, this duty of care will be fulfilled.

A combination of sun protection measures are needed to protect against skin damage by UV radiation. These include: -

### **Scheduling**

- Avoid, where possible, training, events and competitions during periods of forecast extreme periods of heat and UV radiation to minimise exposure. (i.e. between 11:00 AM and 3:00PM on days of extreme heat and UV radiation.)
- Cancel training and events when high risk conditions are met. (do we need to put this in our bylaws?)
- Where it is not possible to avoid peak periods of heat and UV radiation, the following steps are to be taken to reduce the risk of overexposure:
  - Limit duration and intensity of warm up activities
  - Reduce the duration of activities.
  - Reschedule the activities to earlier or later in the day.
  - Provide additional rest breaks and opportunities for shade and re-hydration.
  - Officials, coaches and senior members of the club act as role models by wearing sun-protective clothing and hats, applying sunscreen and seeking shade wherever possible.

### **Sun Protection Measures**

#### **General**

- Team Captains, Managers and Coaches are to encourage the use of Sunscreen and the wearing of hats.

#### **Clothing**

- Tops/jerseys are to be made from UPF (UV Protection Factor) 50+ materials and have long sleeves and a collar.
- Tops/jerseys are loose fitting and lightweight.
- Where attire 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 cloth whilst not on the field.

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### **Hats**

- Children and adults are encouraged to wear hats during play and while spectating.
- Caps and Visors do not provide adequate sun protection to the face, ears and neck and are not recommended for extended sun protection but may be used in combination with sunscreen on those parts of skin not covered.

### **Sunscreen**

- SPF30 (or higher) broad-spectrum, water-resistant sunscreen will be provided to participants and spectators and will be available in the clubrooms.
- Participants are encouraged to apply sunscreen 20 minutes before training or playing and to reapply it every two hours.
- Sunscreen is to be stored below 30 Deg C and replaced once the use-by date is exceeded.
- Participants are encouraged to apply one at least teaspoon of sunscreen per limb.

### **Shade**

- When not actively playing or between individual events, participants are encouraged to rest in shaded areas.
- Shade from buildings, trees and other structures is used where possible.
- Marshalling, interchange and presentation ceremonies are to be held in areas protected by shade.
- Where possible, participants and officials will rotate to cooler shaded areas.

### **Sunglasses**

- Participants are advised to wear sunglasses to meet Australian Standards (AS/NZS 1067:2016)

### **Information**

- The times when sun protection is required (as determined by the SunSmart Daily sun Protection times) will be communicated to players and spectators.