



Whites Lane Mulgrave Tennis Club's sun protection policy

The following policy is in place to help Whites Lane Mulgrave Tennis Club reduce UV exposure and skin cancer risk.

Rationale

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

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. In Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April.

A combination of sun protection measures are needed during the daily local sun protection times.

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

Cancellation of training, events or competition occurs according to the rules of Waverley District Tennis Association in conjunction with Tennis Australia when high risk conditions are forecast.

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

Rest breaks and opportunities to seek shade and rehydrate are increased.

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

Clothing

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.

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 sweating, swimming or towel drying.

Hats

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 parts of skin not covered, as an interim measure for on-field play or training.

Shade

Shade from buildings, trees and other structures is used where possible (e.g. for player interchange, marshalling areas, spectator areas).

Participants and officials rotate to cooler, shaded areas.

Education and information

The Sun Smart policy will be available in the clubrooms and on the club web-site for participant viewing.

Policy Review

This sun protection policy will be reviewed every 2 years.

Next policy review: June 30th 2024

Signed

Date 30/6/2022

President

BRENTON GRASSSTONE

Secretary

STEVE ILETT 30/6/2022