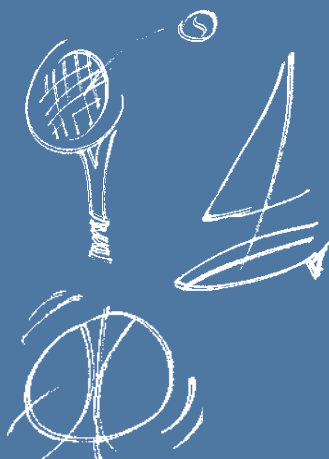


SunSmart Sport Policy



Do we need a SunSmart policy?

Australia is a country synonymous with sun and sport. Unfortunately the two can form a lethal combination. With many sports occurring outdoors, exposure to ultra violet (UV) radiation is an issue which has particular relevance. By adopting a few basic principles your organisation can protect players, members and officials and contribute to decreasing the prevalence of skin cancer.

- Australia has the highest rate of skin cancer in the world. It's a "world record" that we don't want.
- Skin cancer is the most common cancer in Australia. Currently two out of three Australians develop some form of skin cancer during their lifetime.
- Each year more than 1,000 Australians will die from skin cancer.

- Being burnt as few as six times can more than double your risk of developing melanoma during your lifetime.
- Exposure during the early and teenage years of life is believed to be the most important period in determining whether you will experience skin cancer during your lifetime.

The good news is that skin cancer is a preventable form of cancer.

We know how to reduce the incidence of this disease and if treated early, the chance of survival is high.





Taking the next step

It is very important that your policy is practical and will be adhered to by all members of the club. There is little use in developing a policy that is "just another document" with no practical application. To ensure the policy has every chance of success, we suggest you adopt the following tips as you work your way through the policy development stage.

Involve all levels of the club

Form a working committee involving individuals from all areas of the club including players, committee members, officials, parents and other relevant people. This will help ensure that all areas of the club have a feeling of ownership of the new policy and that all practicalities are considered before it is implemented.

Educate

Discuss with your members the reason for the policy. People are more likely to comply with the policy if they are aware of the dangers of exposure to UV radiation.

Children are especially susceptible to damage from the sun's rays. Parents will support you when they understand that you are taking responsibility for their children's welfare while they are in your care.

Legal responsibility

Stress the legal responsibility of the organisation to address the issue of sun protection for employees, officials, participants and spectators.

The amount of litigation in this area is increasing. While this should not be the major motivation for introducing sun protective policy, it should be one of the key considerations for members of the club administration.

Role models

Practice what you preach! It is no use having a policy if club leaders do not lead by example. Coaches, club officials and leading players should role model sun protective behaviour. If respected club members comply with the new policy other members, particularly junior players, will be more likely to change their behaviour.

Publicity

Keep your members informed. They should know when and how you plan to set up the committee, gather feedback to draft the policy and implement the SunSmart policy. This can be achieved through use of newsletters, meetings and club noticeboards. You may wish to raise the profile of the club in your local community and launch your club policy in the local media.

The SunSmart Public Relations Officer can assist you with this.

Making the difference

By implementing the simple strategies outlined below, your club can make a real difference in protecting individuals at your club.

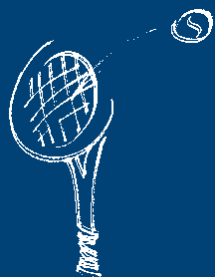
- Where possible, schedule outdoor events and training times outside of the hours of 11am and 3 pm (daylight savings time). Sixty per cent of the day's UV radiation occurs between these hours.
- Maximise the use of natural shade provided from buildings, trees, and other structures.
- Where natural shade does not exist, provide portable shade structures for officials, spectators and players. These portable shade structures should also be used when the team is playing at other venues. Encourage individuals to bring their own shade structures such as beach umbrellas, cabanas etc.
- Participants and officials should be provided with, or encouraged to wear, sun protective clothing as part of the team uniform and during training sessions. This includes:
 - Shirts or playing tops which have long sleeves and a collar;
 - Wide brimmed or legionnaires hats **whenever practical**;
 - Sunglasses to protect the eyes.

Please note : Caps and visors do not provide adequate shade for the face and neck.



- The use of sunscreens should be promoted and, if possible, provided by the club. Prior to training or playing in peak UV periods, players and participants should be encouraged to apply sunscreen to exposed body parts and to reapply every two hours. Where clubs operate kiosks, sunscreens could be made available for sale. (Special prices are available from the Anti-Cancer Council of Victoria for clubs who wish to use this as a fundraising option).
- The club should provide educational sessions which will increase awareness of the skin cancer issue. These sessions do not need to be held as a specific event. The information can be included into a committee meeting, a parent's information meeting, or a training program. Display posters and literature can be accessed through the Anti-Cancer Council of Victoria to assist you in this process.
- Event programs, newsletters and public announcements during the event should be used to maintain awareness of the issue and to prompt sun protective behaviour.





After your policy is completed, your club is able to purchase a SunSmart sign. This can be fixed to the clubhouse, or another appropriate position to promote your club as a SunSmart sporting club. A charge of \$20 covers production and postage of the 60cm x 90cm metal sign.

Reward compliance

Build in a system to reward sun protective behaviour before you implement the policy. This is a far more effective strategy in achieving compliance rather than introducing penalties.

Review

Evaluate the effectiveness of the policy once it has been in place for a short period of time. You may wish to add to the document or delete aspects which have not been practical. Remember to publicise any modifications and try not to compromise the document too much in this review process.

**For further assistance or additional information contact SunSmart staff.
Tel. 03 9279 1148. Fax. 03 9279 1260**



1 Rathdowne Street,
Carlton South, VIC 3053.

Sample Policy

This sample policy has been included to provide you with a guide for your own club policy. Adaptions should be made to meet the needs of your own club and the practicalities of your sport.

The health of club members is of primary concern for (Club Name).

Australia has the highest rate of skin cancer in the world, with two out of three people experiencing some form of skin cancer during their lifetime. It is acknowledged that skin cancer is a preventable disease and that a preventative strategy including the following actions will be implemented by(Club Name).

Schedules Where possible, outdoor events and training times will be scheduled outside the hours of 11am and 3 pm (daylight savings time).

Shade The club will maximise the use of natural shade provided from buildings, trees, and other structures.

Where natural shade does not exist, the club should provide portable shade structures for use by officials, spectators and players. Individuals will also be encouraged to bring their own shade structures to club events.

Clothing The club will promote or supply participants and officials with sun protective clothing as part of the uniform. This will include:

- Shirts or playing tops which have long sleeves and a collar;
- Wide brimmed or legionnaires hats whenever practical;
- Sunglasses to protect the eyes.

Sunscreens SPF 15+ or higher sunscreens will be promoted or provided by the club. Prior to training or playing in peak UV periods, players and participants will be encouraged to apply sunscreen to exposed body parts.

The club kiosk will make sunscreens available for sale to members and spectators.

Education The club will provide skin cancer educational sessions to increase the awareness of this health issue amongst club members.

Event programs, newsletters and public announcements during the event will be used to maintain awareness of the issue and to prompt sun protective behaviour.

Club officials/staff will act as suitable SunSmart role models.

The sun protective policy will be reviewed annually to ensure that the document remains current and practical to the club's requirements.

The policy should be signed and dated by the club president and other relevant officials.

