



Wynnum Wolves Football Club SUNSMART Policy

The following policy is in place to help players, members and supporters of Wynnum Wolves FC minimise the risks of overexposure to UV.

Rationale

The sun's ultraviolet (UV) radiation is the main cause of skin cancer. UV damage also causes sunburn, tanning, premature ageing and eye damage. 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 when people are engaged in outdoor activities and exposed to the sun's UV radiation for long periods of time.

Sun protection times

- The sun protection times from the Bureau of Meteorology forecast the time of day UV levels are due to reach 3 or higher. At these levels, sun protection is recommended for all skin types. In Queensland, UV levels regularly reach 3 or higher throughout the year.
- Employing a combination of sun protection measures are necessary during the daily local sun protection times.
- To assist with the implementation of this policy, co-ordinators, organisers and participants from the club are encouraged to access the daily local sun protection times at sunsmart.com.au.

Outdoor events and activities modifications (including a cancellation policy)

- Where possible, outdoor events, activities and games are scheduled to minimise overexposure to UV and heat.
- The club encourages night games and training sessions and works in conjunction with the sport's governing bodies to schedule games at appropriate times, particularly during the higher-risk Summer months – at the beginning and end of the Football season.
- Outdoor events, activities and games are assessed according to heat risk and may be cancelled when conditions are extreme.
- Where it is not possible to reschedule or cancel events and activities, the following steps are taken to minimise the risk of over-exposure to UV and heat illness:
 - The duration of the outdoor activity is reduced where possible.
 - Activities start earlier in the morning or later in the evening.
 - Water and additional drinks breaks are provided.
 - Additional shade tents are erected, where possible.
 - Leaders and organisers act as role models by wearing sun-protective clothing and hats, applying sunscreen, encouraging others to do so, and seeking shade wherever possible.

Sun protection measures (for during sun protection times)

1. Clothing

- Uniforms are loose-fitting, where possible, light-weight and made of breathable fabric.
- Where the uniform does not provide adequate sun protection, participants are reminded to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen to all exposed skin.
- Protective sleeves and skins are encouraged to be worn on exposed arms.

2. Sunscreen

- SPF30 (or higher) broad-spectrum, water-resistant sunscreen is promoted and/or provided to participants.
- Sunscreen dispensers are installed on all dugouts and other prominent locations around the grounds.
- Participants are encouraged to apply sunscreen 20 minutes before going outside and to re-apply every two hours or immediately after sweating, swimming or toweling dry.
- Sunscreen is stored below 30°C and replaced once it has passed the use-by-date.
- Participants are encouraged to apply a generous amount of sunscreen (the equivalent of one teaspoon per limb).
- The first-aid kit includes a supply of SPF30 (or higher) broad-spectrum, water-resistant sunscreen. Additional sunscreen supplies are available in the club's Medical Room and at the club's Canteen for all members and visitors to the club's home venue.
- Managers are supplied with sunscreen as part of their team kit for home and away games.

3. Hats

- Bucket style hats are encouraged for all junior players at the club.
- Caps and visors do not provide adequate sun protection to the face, ears and neck and are not recommended.

4. Shade

- An assessment of existing shade has been conducted at the venue. The club is fundraising to add shade around all fields and facilities as permanent shade areas are currently very limited.
- When not active outside, participants are encouraged to rest in shaded areas. Portable marquees are erected to provide additional shade for teams and spectators.
- Where there is insufficient natural or built shade, temporary shade structures are provided or participants are notified to bring their own temporary shade (e.g. tents or umbrellas).
- Shade from buildings, trees and other structures is used where possible
- Presentation ceremony areas are protected by shade and events held indoors or in late afternoon shade whenever possible.

Education and information

- The times when sun protection is required (as determined by daily sun protection times) are communicated to participants and spectators. Portable sandwich boards at the club entry point.

Review

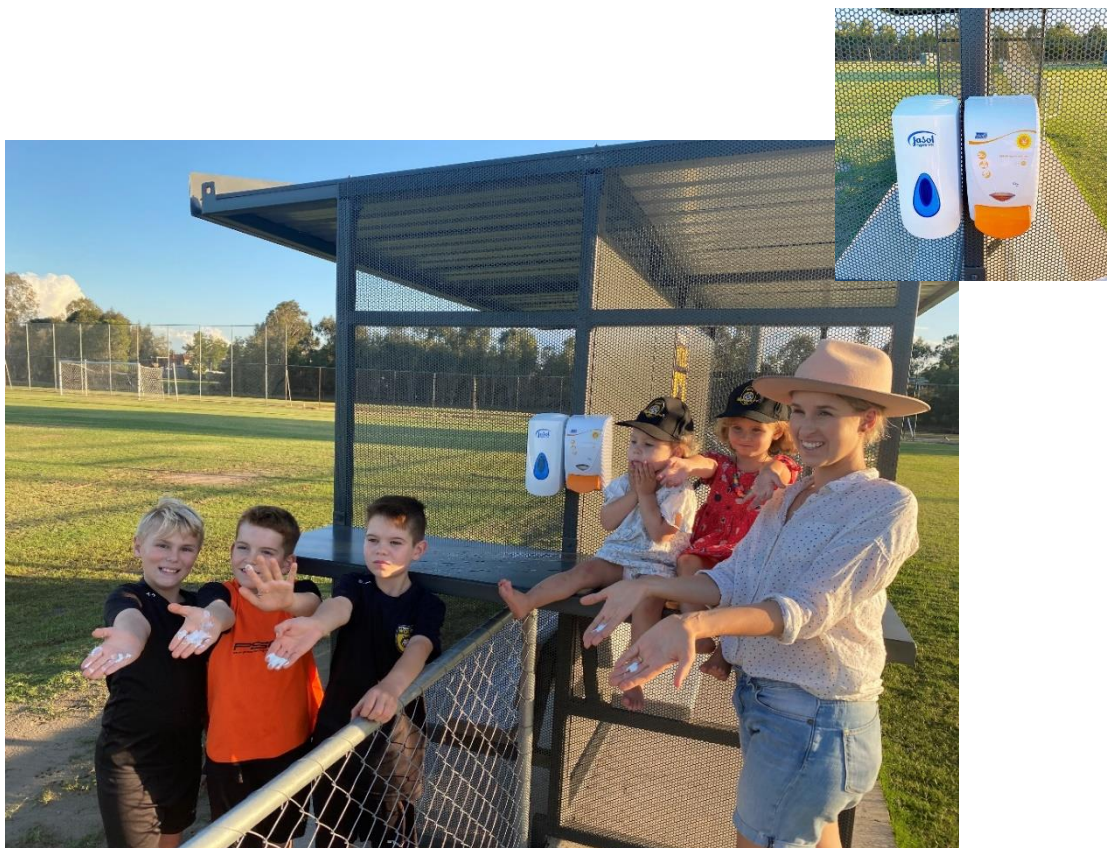
- This SunSmart policy will be reviewed regularly
- This policy was last updated at the beginning of Spring - September 1st, 2020.
- Photo added October 30th, 2020
- Next policy review: January 2021 in readiness for the 2021 Football season.

Relevant documents and links

- SunSmart: sunsmart.com.au
 - SunSmart – events and festivals: <http://www.sunsmart.com.au/communities/festivals-and-events>
 - SunSmart widget: <http://www.sunsmart.com.au/uv-sun-protection/uv/uv-widget>
 - SunSmart app: sunsmart.com.au/app
 - Heat and UV Guide: sunsmart.com.au/downloads/communities/sports-clubs/uv-exposure-heat-illness-guide.pdf
 - Shade audit: sunsmart.com.au/shade-audit/
 - Australian Government Therapeutics Goods Administration (TGA) – Australian regulatory guidelines for sunscreens: [4. Labelling and advertising – directions for use of the product](http://www.tga.gov.au/resources/industry-guidance/4-labelling-and-advertising-directions-for-use-of-the-product)
 - Football Queensland Heat Policy: <https://footballqueensland.com.au/wp-content/uploads/2018/12/FQ-Heat-Policy.pdf>
- **FOR MORE INFORMATION CONTACT SUNSMART:**
- Website: sunsmart.com.au
 - Phone: (03) 9514 6419

Disclaimer

The information contained in this guide is general in nature and does not constitute medical advice from your doctor or health professional. While all reasonable attempts have been made to ensure the accuracy of the information contained in this guide, SunSmart and associated parties cannot accept responsibility for loss, injury, claim or damage resulting from the use or application of information within this guide.



SUNSAFE ... New 30+ Sunscreen dispensers have been installed on all dugouts at Carmichael Park - the home of Wynnum Wolves FC