**SunSmart Policy**

Version Control

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| 30/05/2024 | Amendment to Sun Protection Factor to 50+ | D Pettett |

# Rockhampton Netball Association will take all responsible steps, where possible, to address sun safe practices by:

* Where possible, scheduling activities outside the hours of 10.00am to 3.00pm.
* Making maximum use of existing shade facilities.
* Promoting sun safe behaviour to members and visitors.

# Rationale

Queensland has the highest rate of skin cancer in the world. Of all new cancers diagnosed in Australia each year, 80 per cent are skin cancers. Given sporting events often take place during peak ultraviolet radiation (UVR) times throughout the day, sporting organisations play a major role in both minimising UVR exposure and providing an environment where policies and procedures can positively influence long-term SunSmart behavior.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Research shows severe sunburn contributes to skin cancer and other forms of skin damage such as sunspots, blemishes and premature ageing. Most skin cancer is therefore preventable.

With this in mind, Rockhampton Netball Association realises the need to protect participants, organisers, volunteers, officials, coaches and spectators (these participants from here on will be referred to as ‘members’) from the sun and educate them about SunSmart behaviour, thus reducing the risk of skin damage from overexposure to the sun.

# Aims

The policy aims to:

* Provide ongoing education that promotes personal responsibility for skin cancer prevention and early detection;
* Provide sporting environments that support SunSmart practices; and
* Create an awareness of the need to reschedule events, where possible, to support SunSmart practices.

# Procedures

Rockhampton Netball Association recognises that winter sun also contributes to skin damages. The implementation of this policy will be ongoing throughout the year.

The purpose of this SunSmart policy is to ensure members and spectators of this sporting organisation are protected from the harmful effects of the sun throughout the year.

# Our commitment

The Rockhampton Netball Association will:

* Inform individuals about the organisation’s SunSmart policy;
* Provide SPF 50+ broad-spectrum, water resistant sunscreen for officials, members and spectators;
* Follow The Cancer Council Queensland’s guidelines, where possible, for SunSmart clothing when choosing, designing or redesigning uniforms;
* Allow individual uniform exemptions (eg the addition of SunSafe shirt to playing uniform) where possible for day-time activities, if requested;
* Where possible, hold training sessions and competitions at venues that provide adequate shade for members;
* Where possible, provide suitable shade structures for events where existing shade is not adequate for members and encourage members and spectators to bring their own portable shade structures;
* Wherever practical, outdoor activities take place before 10am or after 3pm and investigate feasibility of having evening training sessions, games and events;
* Promote SunSmart behaviour;
* Encourage all coaches, trainers and adult members of the club to act as positive role models for younger members in all aspects of SunSmart behaviour by:
	+ Wearing appropriate hats and clothing for all outdoor activities;
	+ Using SPF 50+ broad-spectrum, water-resistant sunscreen;
	+ Seeking shade whenever possible; and
	+ Wearing sunglasses that meet the current Australian Standards.
* Regularly reinforce the SunSmart policy through newsletters, committee meetings and club activities.

# Our expectations

Members and spectators will:

* Be aware of the association’s SunSmart policy, having been informed about it upon registration;
* Take responsibility for their own health and safety by being SunSmart;
* Comply with SunSmart rules and guidelines by wearing suitable hats, clothing, sunscreen and sunglasses (where practical);
* Apply SPF 50+ broad-spectrum, water resistant sunscreen 20 minutes before going outdoors;
* Use shaded or covered areas, where possible, when spectating and during quarter and half time breaks;
* Act as positive role models for other members and spectators in all aspects of SunSmart behaviour.

# Evaluation and Review

This policy will be reviewed by the Management Committee as part of the annual policy review prior to the start of each season.