



CARINA JUNIORS
CARINA JUNIOR RUGBY LEAGUE FOOTBALL CLUB

Sun Protection Policy

Aim

This policy aims to protect all members, staff, volunteers and spectators of Carina Juniors Rugby League Football Club from the harmful effects of UV exposure.

Involvement

This policy applies to all members, staff, volunteers and spectators of Carina Juniors Rugby League Football Club while on the premises and involved in excursions that require leaving the premises.

Rationale

Queensland has the highest rate of skin cancer in the world. Skin cancers account for 80 per cent of all new cancers diagnosed each year in Australia, making it by far the most common type of cancer diagnosed.

Research shows severe sunburn contributes to skin cancer and other forms of skin damage such as sunspots, blemishes and premature ageing. Most skin damage and skin cancer is preventable.

People often experience sunburn and skin damage when playing or watching sport due to extended periods of time exposed to high levels of UV without appropriate sun protection. With this in mind, sports clubs need to take into account the need to support members, staff, volunteers and spectators by providing and promoting a SunSmart environment.

Procedures

- To assist with implementation of this policy, members and staff are encouraged to access daily local sun protection times via the SunSmart app, SunSmart widget on the club website, or sunsmart.com.au
- The sun protection measures listed are to be used for all outdoor activities when UV is three and above. If daily sun protection times cannot be checked, please use sun protection all year round. Where possible, plan and schedule outdoor activities and events during low UV times. Outdoor activities should be minimised between 10am – 3pm.

Healthy physical environment

1. Seek shade

- Provide a variety of shade (i.e. built, natural and portable) in all areas where people congregate or spectate.
- Encourage members, staff, volunteers, and spectators to use available shade.
- Consider shade availability when planning all outdoor events.
- Conduct regular shade assessments to determine future needs.

Healthy social environment

2. Slip on sun protective clothing

- Make uniforms SunSmart as per Cancer Council Queensland recommendations. This includes shirts with collars and elbow length sleeves, longer style dresses/skirts and shorts, and long pants.
- Where practical, encourage rash shirts or t-shirts for outdoor swimming.

3. Slap on a hat

- Encourage members, staff, volunteers and spectators to wear hats that cover the face, neck, and ears such as broad-brimmed, bucket or legionnaire style (where practical). Peak caps and visors are not considered a suitable alternative.

4. Slop on sunscreen

- Make available SPF 30 or higher broad spectrum, water resistant sunscreen or encourage members/spectators to supply their own
- Encourage sunscreen use throughout the day. Apply 20 minutes before going outdoors and reapply every 2 hours when outdoors for extended periods.

5. Slide on sunglasses (optional)

- Where practical, encourage the use of close-fitting, wrap-around sunglasses that meet the Australian Standard AS1067.

Role modelling by staff and volunteers

- Ask staff/volunteers to role model good sun protection behaviours when outside, including:
 - Wearing sun-safe hats, clothing, and sunglasses.
 - Applying SPF30 or higher broad spectrum, water resistant sunscreen.
 - Seeking shade whenever possible.

Engaging the club community

- Regularly reinforce and promote SunSmart behaviour to the whole club community (members, staff, volunteers, and spectators) via newsletters, website/intranet, social media, and sign on days.

Policy Timing and Review

- This policy is effective from 27th October 2019 and will be reviewed every three years to ensure it remains current and practical.
- Policy updates and requirements will be made available to the club community.

Next policy review: prior to 1st November 2022.