

Sun Smart Policy 2014

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 that netball 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 Sun Smart behaviour.

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 damage and skin cancer is therefore preventable.

With this in mind, the North Lakes Blues Netball Club realises the need to protect participants, organisers, officials, coaches and supporters (these participants from here on will be referred to as 'members') from the sun and educate them about Sun Smart behaviour, thus reducing the risk of skin damage from overexposure to the sun.

Aims

This policy aims to:

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

Procedures

The North Lakes Blues Netball Club recognises that winter sun also contributes to skin damage. The implementation of this policy will therefore be ongoing throughout the year.

The purpose of this Sun Smart policy is to ensure all members of our club are aware of the harmful effects of the sun throughout the year.

Our Commitment

The North Lakes Blues Netball Club will:

- Take into consideration The Cancer Council of Queensland's guidelines for Sun Smart clothing when choosing, designing or redesigning uniforms;
- Where possible, hold training sessions and competitions at venues that provide adequate shade for members;
- Provide suitable shade structures for events where existing shade is not adequate for members and encourage spectators to bring their own portable shade structures;
- Ensure that, wherever practical, outdoor activities [e.g. training sessions] take place before 10am or after 3pm and investigate the feasibility of having evening training sessions, games and events;

- Encourage all members of the club to act as positive role models for younger members in all aspects of Sun Smart behaviour by:
 - Wearing appropriate hats, clothing and sunglasses for outdoor activities;
 - Using SPF 30+ broad-spectrum, water-resistant sunscreen; and
 - Seeking shade whenever possible;
- Reinforce the Sun Smart policy through newsletters and club activities; and
- Review the Sun Smart policy annually.

Our Expectations

Members will:

- Comply with Sun Smart guidelines by wearing suitable hats, clothing, sunscreen and sunglasses;
- Apply SPF 30+ broad-spectrum, water-resistant sunscreen 20 minutes before going outdoors;
- Take responsibility for their own health and safety by being Sun Smart.

Sun Smart Policy originally adopted: 24th July 2013.

Amended by the North Lakes Blues Netball Club Management Committee: 19th February 2014

This policy has been developed in line with the Cancer Councils Sun Smart Policy for Sporting Organisations in Queensland.