

# **Kotahitanga Netball Melbourne**

## **SunSmart Policy**

Last Updated 1 May 2017

### **Rationale**

The health of club members is of primary concern for Kotahitanga Netball Melbourne. 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.

### **Who is affected by the Policy**

This policy applies to all members, administrators, officials, coaches, players, visitors and volunteers of Kotahitanga Netball Melbourne.

### **Timing**

This policy is effective from 1 May 2017.

### **Policy**

It is acknowledged that skin cancer is a preventable disease and that a preventative strategy including the following actions will be implemented by Kotahitanga Netball Melbourne:

### **Schedules**

- Where possible, outdoor events and training times will be scheduled outside the hours of 11am and 3 pm (daylight savings time).
- Shortening the length of the match or extending the time allowed for  $\frac{1}{4}$ ,  $\frac{1}{2}$  &  $\frac{3}{4}$  breaks may be appropriate.

### **Player Rest & Rotation**

- In conditions of high risk participants should be provided opportunities to rest through the use of player interchange or substitution.

### **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 will endeavour to 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.

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### **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;
- Appropriate sunglasses to protect the eyes.

### **Sunscreen**

- SPF 15+ or higher sunscreens will be promoted 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.

### **Education**

- Event programs, newsletters and public announcements will be used to raise and maintain awareness and to prompt sun protective behaviour.
- Club officials/staff will act as suitable SunSmart role models.

### **Policy Review**

To ensure this policy continues to be relevant for Kotahitanga Netball Melbourne operation and that it reflects community expectations and will be reviewed annually.