



## SUN PROTECTION POLICY

**Adopted by NSW Netball Association Ltd Board Meeting on  
8<sup>th</sup> September 2015**

<i>Update</i>	<i>Comments</i>
8 September 2015	Version 1 adopted by NNSW Board

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## 1. INTRODUCTION

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Unprotected exposure to the sun's ultraviolet radiation can have an immediate negative impact on performance and hydration, and can cause painful sunburn. Exposure to ultraviolet (UV) radiation also increases the risk of skin damage and skin cancer. Given that Netball events often take place during peak UV radiation times within the day, Netball NSW considers that with the promotion of a Sun Protection Policy, we can positively influence sun protective behaviours of our members and play a role in minimising UV radiation exposure.

## 2. PURPOSE OF THIS POLICY

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The purpose of this policy is to outline the requirements and responsibilities of Netball NSW to actively promote the importance of sun safety. The policy aims to provide members and supporters of Netball NSW with guidelines to improve the Netball environment in terms of sun safety awareness and practices.

## 3. ORGANISATIONAL RESPONSIBILITIES

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- 3.1 Netball NSW and affiliated Associations have a duty of care to provide a safe environment for everyone involved in our sport. It is the responsibility of Netball NSW and affiliated Association's to provide a safe environment for netball activities which includes protecting members from the harmful effects of UV radiation.
- 3.2 Officials, participants and spectators are encouraged to access the **SunSmart UV Alert** to view local UV levels. The **SunSmart UV Alert** can be accessed at [www.cancerouncil.com.au](http://www.cancerouncil.com.au).
- 3.3 Netball NSW and Association's will use wherever possible a combination of the recommended sun protection practices (outlined in Section 4).
- 3.4 Netball NSW and affiliated Association's will increase the awareness of sun safety by:
  - (a) Regularly promoting sun protection information to members via various communication means. Examples include: notice boards, newsletters, online communications, registration, announcements at events and competitions.
  - (b) Inform members of the Netball NSW Sun Protection Policy when membership application is made.
- 3.5 Netball NSW and affiliated Association Officials are encouraged to act as positive role models for younger members in all aspects of sun safe behaviour, including using a combination of sun protection practices detailed in Section 4.

## **4. RECOMMENDED SUN SAFE PRACTICES**

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### **4.1 Scheduling of outdoor netball activities.**

- (a) Where possible, schedule outdoor events, competitions and / or training times outside the peak UV times of 10 am – 2 pm (11am – 3pm daylight savings time).
- (b) Investigate the feasibility of having evening training sessions, competitions and events.

### **4.2 Shade.**

- (a) Where possible, hold training sessions and competitions at venues that provide adequate shade.
- (b) Encourage participants, officials and spectators to use the shade available, and encourage people to bring their own umbrellas and shade tents.

### **4.3 Hats.**

- (a) Ensure that officials are provided with or encouraged to wear sun-safe hats that protect the face, neck and ears when possible. Recommended sun-safe hats include legionnaire, board-brimmed and bucket hats. Baseball hats or visors do not provide adequate sun protection.
- (b) Encourage participants to bring hats to play that comply with Association policy and/or by laws.

### **4.4 Clothing.**

- (a) Ensure that officials and participants are provided with or encouraged to wear sun-safe clothing that covers as much skin as possible. For officials this may include shirts / tops with longer sleeves and a collar, and long shorts or pants.
- (b) Incorporate clothing that is cool and loose fitting. Any fabric with an ultraviolet protection actor (UPF) rating above 15 provides good protection against UV radiation, but UPF50+ is recommended.

### **4.5 Sunscreen.**

- (a) Sunscreen should be made available that is at least SPF30+, broad spectrum and water-resistant and participants, coaches, officials and spectators are encouraged to use it appropriately.
- (b) Promote the use of sunscreen that is applied at least 20 minutes before going outdoors, and is reapplied every 2 hours when outdoors, or after getting wet or perspiring.

### **4.6 Sunglasses.**

- (a) Encourage members to wear close fitting, wraparound sunglasses that cover as much of the eye area as possible and that comply with Australian Standard AS/NZS 1067:2003 (Category 2, 3 or 4).

## 5. REVIEW OF THIS POLICY

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- 5.1 The Netball NSW Board of Directors (“Board”) has adopted this Policy in accordance with the NSW Netball Association Limited Constitution.
- 5.2 This policy is effective from *8th September 2015* and will operate until replaced. This Policy will be reviewed in accordance with legislative requirements and amended by resolution of the Netball NSW Board.
- 5.3 Copies of the Policy can be obtained from the Netball NSW Website [www.netballnsw.com](http://www.netballnsw.com) or by contacting Netball NSW.

## 6. SUPPORT AND FURTHER RESOURCES FOR MEMBERS

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- 6.1 Further resources Additional resources for sporting organisations can be found on the Cancer Council NSW’s website at <http://www.cancerCouncil.com.au/sunsmart>, these include the following useful resources:
- (a) **10 step sun protection checklist for sporting organisations:** A short checklist to help officials, coaches and other members assess current practices and behaviours and suggestions for improvements.
  - (b) **SunSmart UV Alert:** Members can check the SunSmart UV Alert daily at [www.cancerCouncil.com.au/sunsmartuvalert](http://www.cancerCouncil.com.au/sunsmartuvalert), in most local newspapers, or by downloading the free SunSmart App for iPhones and Android. The UV Alert widget can also be added to Association and Club websites.
  - (c) **The Sun Sound:** A catchy five-second jingle designed to be played at regular intervals on loudspeakers at sportsgrounds. It’s a friendly reminder to people to protect their skin from the sun.