



SUNSMART POLICY

Purpose

Bendigo City FC recognises that overexposure to ultraviolet (UV) radiation can cause short-term and long-term damage to participants involved in playing, coaching and officiating sport. This policy describes the action that the Club takes to minimise the risks of overexposure to UV.

The policy applies to players, coaches, and team managers, who should also consider the [Football Victoria Extreme Weather Policy](#) in relation to Extreme Heat Conditions.

Rationale

The sun's ultraviolet (UV) radiation is the main cause of skin cancer. UV damage also causes sunburn, tanning, premature ageing and eye damage. Australia has one of the highest rates of skin cancer in the world. Two in three Australians will develop some form of skin cancer before the age of 70.

Sunburn and other UV damage is common while playing or watching sport, when people are exposed to the sun's UV radiation for long periods of time.

Sporting clubs and organisations have a responsibility under health and safety legislation to provide and maintain a safe working environment for staff, volunteers, players and spectators. By minimising harm from UV exposure the Club is fulfil its duty of care.

Policy

Training and match schedules and fixtures

- Where possible, training, events and competitions will be scheduled to minimise exposure to UV and heat.
- Training activities may be cancelled or rescheduled by the team coach.
- Non-competition matches (e.g. "friendlies") may be cancelled or rescheduled by mutual agreement between officials from each team.
- Cancellation of competition matches is a decision for the officiating referee, who will have regard for the [Football Victoria Extreme Weather Policy](#).

Where it is not possible to avoid peak UV and heat periods, the following steps are taken to minimise the risk of overexposure to UV and heat illness:

- Warm-up activities are limited in duration and intensity.
- The duration of training activities is reduced.
- Training activities may be scheduled earlier in the morning or later in the evening.
- Rest breaks and opportunities to seek shade and rehydrate are increased.
- Officials rotate out of the sun more frequently than usual.
- Player interchange and substitution is used more frequently than usual.
- Training activities may be held at an alternative venue (e.g. fitness training at a pool, or use an indoor football (futsal) facility).

Sun protection times

- The sun protection times from the Bureau of Meteorology forecast the time of day UV levels are due to reach 3 or higher. At these levels, sun protection is recommended for all skin types. In Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April.
- A combination of sun protection measures are needed during the daily local sun protection times.

- To assist with the implementation of this policy, club officials, coaches and participants are encouraged to access the daily local sun protection times at www.sunsmart.com.au, on the free SunSmart app and in the weather section of the newspaper.

Sun protection measures

1. Clothing

- On days of high UV index, if the BCFC issued training uniform does not provide sufficient UV protection, players are permitted to train in alternative sports clothing that provides a higher level of UV protection.
- On days of high UV index, players are permitted to wear caps or other headwear when training.
- Where the competition uniform does not provide adequate sun protection, participants are reminded to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen to all exposed skin and wear covering clothing whilst not on the field.

2. Sunscreen

- Players are encouraged to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen.
- A supply of SPF30 (or higher) broad-spectrum, water-resistant sunscreen is available in the club room. In addition, team managers will keep a supply of sunscreen for use by players.
- Participants are encouraged to apply sunscreen 20 minutes before training or playing and to reapply every two hours or immediately after sweating or towelling dry.
- Sunscreen is stored below 30°C and replaced once it is past the use-by date.
- Participants are encouraged to apply a generous amount of sunscreen (the equivalent of one teaspoon per limb).

3. Shade

- The club makes use of changing rooms, shelters or a portable marquee to shade players during breaks in play.
- When not actively playing, players are able to rest in shaded areas.
- Where there is insufficient natural or built shade, temporary shade structures are provided or participants are notified to bring their own temporary shade (e.g. tents or umbrellas).
- Shade from buildings, trees and other structures is used where possible, e.g. for player interchange, marshalling areas, spectator areas.
- Marshalling, interchange and presentation ceremony areas are protected by shade.
- Participants and officials rotate to cooler, shaded areas.

Education and information

- Coaches and team managers will remind players of times when sun protection is required (as determined by SunSmart's daily local sun protection times), and will communicate players the importance of applying and reapplying sunscreen and taking other SunSmart measures.
- Officials, coaches and senior members act as role models by wearing sun-protective clothing and hats, applying sunscreen and seeking shade wherever possible.

Related legislation and documents

- Football Victoria - [Extreme Weather Policy](#)
- SunSmart - www.sunsmart.com.au
- WorkSafe Victoria - [Sun Protection](#)

Date and approval

Approved by the Bendigo City Football Club committee

Date: July 2021

Next review date: July 2023

Document status: Public