



# GREENSBOROUGH JUNIOR FOOTBALL CLUB

## Sun Protection Policy

### 1. Purpose

The GJFC is committed to providing a safe and enjoyable playing experience and environment for players at all levels. The GJFC's highest priority is the health and wellbeing of our junior players. All players, families, volunteers, and officials have responsibilities to implement these policy requirements.

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### 2. Scope

To actively support this commitment, the GJFC will adopt the SunSmart and Cancer Council Recommendations as updated and published as to these guidelines will continue to evolve as new evidence is made available to ensure best practice.

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### 3. Policy

The sun's ultraviolet (UV) radiation can't be seen or felt. Whatever the weather, it's important for people of all skin types to use sun protection whenever UV levels are three or higher.

Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70.

While playing or watching sport, people are exposed to the sun's UV 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 UV harms, we aim to fulfil this obligation and duty of care.

#### 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 via the free [SunSmart app](#), or at [sunsmart.com.au](https://www.sunsmart.com.au).
- The sun protection measures listed are used for all outdoor activities during the **daily local sun protection times**. The sun protection times are a forecast from the Bureau of Meteorology for the

time of day UV levels are forecast to reach 3 or higher. 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.
- Resistant sunscreen to all exposed skin and wear covering clothing whilst not on the field.

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## 4. Procedure

The Cancer Council recommends these five simple ways to protect yourself from the harms of skin cancer:

- 1) **Slip on a shirt** or other form of clothing that covers your arms
- 2) **Slop on sunscreen** SPF30 (or higher) broad-spectrum, water-resistant sunscreen and reapply every 2 hours.
- 3) **Slap on a hat** with a broad brim or one that covers your face, neck and ears.
- 4) **Seek shade** away from direct sunlight.
- 5) **Slide on sunglasses** that are close fitting and have UV protection.

*Please note: Certain health conditions and medications mean some people are more sensitive to UV radiation and need to use sun protection at all times regardless of the UV levels.*

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## 5. Modification and Review

- The contents of this document represent the current policy and procedures of GJFC.
- This policy is subject to a review every 2 years and will be amended appropriately.
- Amendments will be communicated to members as and when appropriate, to ensure that it remains current.

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## 6. Related Policies and other documents

Cancer council: [cancer.org.au](http://cancer.org.au)

SunSmart: [sunsmart.com.au](http://sunsmart.com.au)

SunSmart widget: [sunsmart.com.au/resources/uv-widget](http://sunsmart.com.au/resources/uv-widget)

SunSmart app: [sunsmart.com.au/resources/sunsmart-app](http://sunsmart.com.au/resources/sunsmart-app)

**VicSport UV Protection:** [vicsport.com.au/uv-protection](http://vicsport.com.au/uv-protection)

- ARPANSA [Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation](#) (2006)
- Safe Work Australia: [Guide on exposure to solar ultraviolet radiation \(UVR\)](#) (2019)
- AS 4174:2018 Knitted and woven shade fabrics
- AS/NZS 1067.1:2016, Eye and face protection - Sunglasses and fashion spectacles
- AS 4399:2020, Sun protective clothing - Evaluation and classification
- AS/NZS 2604:2012 Sunscreen products - Evaluation and classification

- Australian Government Therapeutics Goods Administration (TGA) – Australian regulatory guidelines for sunscreens: [4. Labelling and advertising – directions for use of the product](#)

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## Version control

Version	Date	Description	Reference
0.1	June 2022	Draft	

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**APPROVAL**

Approved by the GJFC Committee

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President

Andrew Cleary

Date – June 2022