



Sunsmart Policy

The following policy is in place to help Le Page Park Cricket Club minimise the risks of overexposure to UV.

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 when people are engaged in outdoor activities and exposed to the sun's UV radiation for long periods of time.

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 is needed during the daily local sun protection times.
- To assist with the implementation of this policy, coordinators, organisers and participants are encouraged to access the daily local sun protection times at sunsmart.com.au, on the free SunSmart app or SunSmart widget (on the club website) and in the weather section of the newspaper.

Outdoor events and activities modifications (including a cancellation policy)

- Where possible, outdoor social events and activities are scheduled to minimise overexposure to UV and heat.
- Outdoor events or activities are cancelled when high risk conditions are forecast. Where it is not possible to reschedule or cancel events and activities, the following steps are taken to minimise the risk of overexposure to UV and heat illness:
 - The duration of the outdoor activity is reduced.
 - Activities start earlier in the morning or later in the evening.
 - Water is provided.
 - Shade is provided or the activity is held at an alternative, indoor venue, where possible.
 - Leaders and organisers act as role models by wearing sun-protective clothing and hats, applying sunscreen and seeking shade wherever possible.

Sun protection measures (for during sun protection times)

1. Clothing

- Sun-protective clothing is included as part of the uniform.
- Tops are made from UPF (UV protection factor) 50+ material and have long sleeves and a collar.
- Tops are loose-fitting and lightweight.
- Where the uniform does not provide adequate sun protection, participants are

reminded to apply SPF50 (or higher) broad-spectrum, water-resistant sunscreen to all exposed skin.

2. Sunscreen

- SPF50 (or higher) broad-spectrum, water-resistant sunscreen is promoted and/or provided to participants.
- Participants are encouraged to apply sunscreen 20 minutes before going outside and to re-apply every two hours or immediately after sweating or towelling dry.
- Sunscreen is stored below 30°C and replaced once it has passed the use-by date.
- Participants are encouraged to apply a generous amount of sunscreen (the equivalent of one teaspoon per limb).
- The first-aid kit includes a supply of SPF50 (or higher) broad-spectrum, water-resistant sunscreen.

3. Hats

- Wide-brimmed or bucket style hats are promoted as part of the uniform.

4. Shade

- An assessment of existing shade has been conducted at outdoor venues.
- When not active outside, participants 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
- Presentation ceremony areas are protected by shade.
- The schedule allows for participants in outdoor activities to rotate to cooler, shaded areas.

5. Sunglasses

- Participants are advised to wear sunglasses that meet the Australian standard (AS/NZS 067:2016).

Policy Review

This policy will be reviewed annually to ensure it remains relevant to club operations and reflects both community expectations and legal requirements.

AUTHORISATION

This policy was adopted by the Le Page Park Cricket Club Executive Committee in September 2024

REVIEW DATE: September 2025