



SUN SMART POLICY

Rationale

A balance of ultraviolet radiation (UV) exposure is important for health. Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for the development and maintenance of healthy bones and muscles, and for general health.

People often experience sunburn and skin damage when playing or watching sport due to extended periods exposed to high levels of UV without appropriate sun protection.

Sun protection

- A combination of sun protection measures is needed during the daily local sun protection times (issued whenever UV levels reach three and above) particularly from the start of September to the end of April in Victoria, but also in winter as necessary.
- To assist with the implementation of this policy, club officials, coaches and participants are encouraged to access the daily local sun protection times at sunsmart.com.au, on the free SunSmart app and in the weather section of the newspaper.

Remember, slip, slop, slap and drink plenty of water

Implementation

Where possible, training, events and competitions should be scheduled to minimise exposure to UV and heat. Cancellation of the above occurs according to the rules of the WDTA when high risk conditions are forecast. Where it is not possible to avoid peak UV and heat periods the following interim steps should be taken to minimise the risk of overexposure to UV and heat illness.

- Warm-up activities to be limited in duration and intensity.
- The duration of the activity to be reduced
- Activities to start earlier in the morning or later in the evening
- Rest breaks and opportunities to seek shade and re-hydrate to be increased
- Officials, coaches and senior members to act as role models by wearing sun-protective clothing and hats, applying sunscreen and seeking shade wherever possible.
- Hats to be worn.
- Sunscreen to be used and reapplied every two hours.
- Participants to be encouraged to rest in shaded areas and to drink plenty of water
- Sun glasses that meet the Australian standard to be worn.

Glenburn Tennis Club wants all members and visitors to enjoy the game of tennis but also look after their skin.

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