



Broadbeach Cats Junior Australian Football Club

Subaru Oval
Dunlop Crt
Mermaid Waters

P.O Box 5808
Q Super Centre
Mermaid Waters QLD 4220

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Sun Protection Policy

Aims

This policy aims to ensure all participants, officials and spectators are protected from the harmful effects of the sun throughout the year, and that we provide a sporting environment that supports sun safety awareness and practices.

Our commitment

Our organisation/club has a duty of care to provide a safe environment for everyone involved in our activities. Providing a safe environment includes protecting people from the harmful effects of UV radiation.

Our sport, by its nature, is predominantly outdoors, and

Wherever possible, we will use a combination of sun protection measures for all outdoor activities from September until the end of April and whenever UV levels reach 3 and above (the level that can damage skin and eyes) including the following:

1. Timeframes

Our sport is predominantly outdoors, and fixtures matches are generally any time from 8am through to 6pm - although in winter, these are during the high points of the sun.

Fixtured matches cannot be moved from the weekend during-the-day timeslots, however in those cases alternate sun protection measures can be used.

Where possible, we try to schedule training sessions during the late afternoon, from 4pm until after dark, to limit the amount of our players spend in the sun.

2. Shade

All efforts to provide an adequate level of shade around the fields will be undertaken.

This should be using portable shade shelters, and in club settings - fixed shade structures that allow parents and spectators to watch matches while keeping out of the sun.

Spectators bringing their own shade sails are encouraged where the facility allows for that. We encourage parents and spectators to bring their own umbrellas or other smaller, portable shade coverings to protect them from the sun.

3. Hats

During training sessions in the sunlight, all participants are encouraged to wear hats when possible. Bucket, legionnaires hats - any hat with a soft, wide brim - are encouraged to ensure this provides sun protection as well as doesn't cause injury to other participants (for example, hard brim of cap peak causing injury through collision).



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Our competition rules discourage hats during match play however we also encourage all participants to wear their hats to and from games, particularly in places where it is unlikely to be much shade.

4. Sunscreen

We encourage our members to wear sunscreen at all times - covering the face, neck, arms and legs - any part of exposed skin that our playing uniform does not cover. This applies to players, coaches, team officials, club officials, parents and spectators.

The club will have sunscreen available in a number of places - including the canteen, change rooms, and the coffee area / uniform shop.

All coaches are encouraged to make applying sunscreen part of their pre-game warm up activities, applying sunscreen at least 20 minutes before taking the field.

Games generally last less than 2 hours, so in most cases only 1 application is required per match. In cases where a player will likely be in the sun for more than 2 hours, players and spectators are encouraged to re-apply sun screen every 2 hours.

5. Sunglasses

While players are unable to wear sunglasses in competition, it is encouraged that all other members - coaches, team officials, club officials, spectators, where possible, should wear sunglasses that comply with the Australian Standards.

6. Clothing

By nature of the uniform required in Australian Football, players, when competing, are not able to wear clothing that is considered sun safe. However, for all other participants - parents, spectators, coaches, team officials - it is encouraged that sun-safe clothing be worn if being out in the sun for extended periods of time.

Polos will be provided to coaches, team officials and club officials with collars, and they are encouraged to be worn at games and at training.

Spectators are advised to wear clothing that will protect them from the sun - ideally long sleeve shirts or long pants which offer the best sun protection. If long pants or long sleeve shirts are not possible, a combination of a collared shirt with the use of sunscreen is recommended.

7. Awareness

We aim to regularly promote sun protection information to officials, participants and spectators through briefings or training sessions, newsletters, notice boards, online communications, enrolment and announcements at sporting events



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This Sun Protection policy is included on the club website, and included when accepting the terms and conditions of registration.

8. All adults are role models

All officials, coaches, trainers and adult members of the club are advised to act as positive role models for younger members in all aspects of sun safe behaviour, including using a combination of sun protection measures.

9. Review of policy

This policy will be reviewed every 2 years to ensure it remains relevant and current.

Last review date:
22 February 2022