



CARLISLE CRICKET CLUB INC.

CARLISLE CRICKET CLUB

SUN SMART POLICY

SUN SMART POLICY

Rationale

This Sun Smart Policy has been developed to ensure that all players, members, spectators and guests of Carlisle Cricket Club maintain a healthy UV exposure balance which minimises the risk of skin cancer with appropriate sun protection measures, yet ensures some daily sun exposure for vitamin D requirements.

Unprotected exposure to the sun's ultraviolet (UV) radiation can have an immediate negative impact on performance and hydration, and can cause painful sunburn.

Exposure to UV radiation also increases the risk of skin damage and skin cancer. About 1,800 Australians die every year from skin cancer, yet it is a largely preventable disease.

Given that sporting events often take place during peak UV radiation times during the day, sporting organisations can play a major role in minimising UV radiation exposure by providing an environment where policies and procedures positively influence sun protective behaviours

Aim

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 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.

Participants, officials and spectators will be encouraged to access the SunSmart UV Alert at www.cancercouncil.com.au/sunsmart to view local UV levels. 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

Objectives

- Assist the club to achieve a healthy UV balance.
- Encourage the entire cricketing community to use a combination of sun protection measures.

Uniform/clothing

- Senior Players are encouraged to wear broad-brimmed hat/peak caps whenever they are outside.
- Junior players are required to wear broad-brimmed hat/peak caps whenever they are engaging in cricket.
- Parents/Spectators should also be encouraged to wear broad-brimmed hats when participating in and attending cricket matches.
- The club recommends that all players, members, spectators and guests wear sunglasses. A close fitting wrap around style that meets AS 1067 is recommended.

Sunscreen

Whenever UV levels are 3 or above:

- all players, members, spectators and guests are actively encouraged to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen regularly e.g. prior to commencement of a match, and during breaks.
- Sunscreen is supplied with each grade kit.

Shade

The club should ensure that shade is available at the cricket grounds. If this is not possible, the club shall supply shade covering (built, portable or natural) at the grounds.

Where shade is otherwise not available, temporary shade structures will be considered essential for matches.

Role Modelling

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

General awareness and reminders:

- The club actively promotes a positive culture around sun protection.

Policy Review

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