

Pink Magic Netball Inc.

SUN SAFE POLICY

The following policy is in place to help Pink Magic Netball Club Inc. minimise the risks of overexposure to UV. Pink Magic is governed by the Redlands Netball Associations adverse weather policy (including heat management procedure)

Rationale

Queensland has the highest rate of skin cancer in the world. The sun's ultraviolet (UV) radiation is the main cause of skin cancer.

Sunburn and other UV damage is common while playing or watching sport, when people are exposed to the sun's UV radiation for long periods of time. UV damage also causes sunburn, premature ageing and eye damage

Pink Magic Netball Club is committed to ensuring that the importance of sun safety as a personal responsibility is communicated for the well being of players, officials, volunteers and spectators.

Protect your skin – stay SunSmart every day

To minimise your skin cancer risk protect your skin every day with a combination of these five steps:



Sun protection times

Sun protection is required when the UV levels reach 3 and above. In Queensland, sun protection is required all year, even in winter, due to consistently high UV levels.

Download the free SunSmart app to access a free daily UV alert.

Heat Management

Where possible, training, events and competitions are scheduled to minimise exposure to UV and heat.

Cancellation of training, events or competition occurs (according to the rules of RNA) when high risk conditions are forecast.

Where it is not possible to avoid peak UV and heat periods, the following interim steps are taken to minimise the risk of overexposure to UV and heat illness:

Warm-up activities are limited in duration and intensity.

The duration of the activity is reduced.

Rest breaks and opportunities to seek shade and rehydrate are increased.

Officials rotate out of the sun more frequently than usual.

Player interchange and substitution is used more frequently than usual.

Officials, coaches and senior members act as role models by wearing sun-protective clothing and hats, applying sunscreen and seeking shade wherever possible.

Disclaimer

The information contained in this guide is general in nature and does not constitute medical advice from your doctor or health professional. While all reasonable attempts have been made to ensure the accuracy of the information contained in this guide, Pink Magic Netball Club Inc. cannot accept responsibility for loss, injury, claim or damage resulting from the use or application of information within this guide.

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Sun protection measures

1. Clothing

Sun-protective clothing is included as part of on and off-field uniform and uniform for officials and volunteers.

Dressers are made from UPF (UV protection factor) 50+ material.

Shirts are made from UPF (UV protection factor) 50+ material and should be loose-fitting and lightweight.

Where the competition uniform does not provide adequate sun protection, participants are reminded to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen to all exposed skin and wear covering clothing whilst not on the field.

Participants without appropriate protective clothing should not spend extended periods exposed to UV levels of three and above.

2. Sunscreen

SPF30 (or higher) broad-spectrum, water-resistant sunscreen is promoted and/or provided to participants.

Participants are encouraged to apply sunscreen 20 minutes before training or playing and to reapply every two hours or immediately after sweating, swimming or toweling dry.

Sunscreen is stored below 30°C and replaced once it is past 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 SPF30 (or higher) broad-spectrum, water-resistant sunscreen.

3. Hats

Wide-brimmed or bucket hats are included as part of the on and off-field uniform (even if they can't be worn in actual play).

Caps and visors do not provide adequate sun protection to the face, ears and neck and are not recommended for extended sun protection but may be used, in combination with sunscreen on parts of skin not covered, as an interim measure for on-field play or training.

4. Shade

When not actively playing or between individual events, participants should rest in shaded areas.

Where there is insufficient natural or built shade, temporary shade structures are provided

Shade from buildings, trees and other structures is used where possible (e.g. for player interchange, marshalling areas, spectator areas).

Participants and officials rotate to cooler, shaded areas.

5. Sunglasses

Officials, volunteers and spectators are advised to wear sunglasses that meet the Australian standard (AS/NZS 1067:2016).

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Hydration

- All participants (including officials and coaches) are required to bring their own clearly labelled drink bottle.
- Cool water is available to all participants.
- All those involved are aware that they need to be well hydrated before participating in physical activity.
- Game day drink breaks are as per RNA heat management procedure
- Individuals are advised to drink during breaks.

First aid

- The first aid kit includes a supply of SPF30 (or higher) broad-spectrum, water-resistant sunscreen.
- Trained first aid personnel are present at training and events to manage sunburn and heat illness.
- Any participant feeling discomfort or distress will be monitored and evaluated by trained safety personnel.
- Ice and water spray bottles are available as cooling aids.
- Information on participants' medical conditions and medical history is collected (according to privacy legislation).
- Records of injuries (including heat illness) are kept.
- Age, fitness, skin characteristics, acclimatisation, gender and medical conditions are considered when making decisions.
- If in doubt, an individual is advised to see a medical professional for clearance to participate.

Individual risk factors

Anyone can develop skin cancer, however the risk is higher in people who have:

- Consistently unprotected exposure to the sun and high UV levels
- Pale, fair or freckled skin, especially if it burns easily and doesn't tan
- Light colored eyes and fair or red hair.
- Lots of moles
- Previous types of skin cancer
- A strong family history
- A weakened immune system

***For more information, resources and support, please contact the Queensland Cancer Council
on 13 11 20 or cancerqld.org.au***

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