

# Geelong Soccer Club

## Sun Smart Policy

June 2019



The following policy is in place to help Geelong Soccer Club (“Club”) minimise the risks of overexposure to UV.

### **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 are needed during the daily local sun protection times.
- 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](http://sunsmart.com.au), on the free SunSmart app or SunSmart widget (on the club website) and in the weather section of the newspaper.

### **Schedules, fixtures and rule modifications (including a cancellation policy)**

- Where possible, training, events and competitions are scheduled to minimise exposure to UV and heat.
- Cancellation of training, events or competition occurs 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.
- Activities start earlier in the morning or later in the evening.
- 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.
- Activity is held at an alternative venue.
- Officials, coaches and senior members act as role models by wearing sun-protective clothing and hats, applying sunscreen and seeking shade wherever possible.

## Sun protection measures

### 1. Clothing

- Tops/jerseys are loose-fitting and lightweight.
- 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.

### 2. Sunscreen

- Generous amount of SPF30 (or higher) broad-spectrum, water-resistant sunscreen should be applied by participants.
- Players are encouraged to apply sunscreen 20 minutes before training or playing and to reapply every two hours.

### 3. Hats

- 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. Wide-brimmed or bucket hats are preferred even if they can't be worn in actual play.

### 4. Shade

- When not actively playing or between individual events, participants are able to rest in shaded areas including the covered terrace of the Club room.

## Relevant documents and links

- **SunSmart:** [sunsmart.com.au](https://sunsmart.com.au)
- **Sun Smart widget:** [sunsmart.com.au/uv-sun-protection/uv/uv-widget](https://sunsmart.com.au/uv-sun-protection/uv/uv-widget)
- **SunSmart app:** [sunsmart.com.au/app](https://sunsmart.com.au/app)
- **Heat and UV Guide:**  
[sunsmart.com.au/downloads/communities/sports-clubs/uv-exposure-heat-illness-guide.pdf](https://sunsmart.com.au/downloads/communities/sports-clubs/uv-exposure-heat-illness-guide.pdf)

For more information contact SunSmart:

W: [sunsmart.com.au](https://sunsmart.com.au)

P: (03) 9514 6419

E: [sunsmart@cancervic.org.au](mailto:sunsmart@cancervic.org.au)