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ANUFC SunSmart Policy

Excessive sun exposure can have an immediate negative impact on performance and hydration and can cause painful sunburn. Exposure to the sun's ultraviolet (UV) radiation also increases the risk of skin damage and skin cancer. About 1600 Australians die every year from skin cancer yet it is a preventable disease. The actions explained in this policy can help to reduce the harmful effects of exposure to UV radiation. ANUFC have a duty of care to provide a safe environment for everyone involved in football activities. Providing a safe sporting environment includes protecting people from the harmful effects of UV radiation.

As part of our commitment to the health and safety of officials and participants in football ANUFC will:

1. Where possible schedule outdoor summer events and/or training times outside of the peak UV times of 10am- 2pm (11am-3pm daylight saving time).
2. Actively promote sun safety and the importance of sun safety when the UV Index is 3 and above. Daily UV Index forecasts for towns and cities throughout NSW can be found at: www.cancercouncil.com.au/ SunSmart and in newspaper weather forecasts.
3. Encourage officials and participants to use the shade of trees, buildings and other structures when available.
4. Provide shade for officials, participants and spectators where possible, and encourage people to bring their own hats, umbrellas and shade tents.
5. Promote the use of the following sun protection items by officials and participants where possible:
 - a. Clothing that covers as much skin as possible, including shirts/tops with a longer sleeve and a collar, and long shorts
 - b. Hats that shade the face, head, neck and ears, such as wide-brimmed, bucket or legionnaire style hats (baseball caps do not provide adequate sun protection)
 - c. Wrap-around sunglasses that are close fitting and meet the Australian Standard 1067 (2003)

- d. Sunscreen that is SPF30+, broad spectrum and water-resistant which is reapplied at least every two hours
6. Increase awareness of sun safety and skin cancer by:
 - a. Providing information and resources about sun safety and skin cancer
 - b. Promoting sun safety through newsletters and advertising, and where possible through announcements at events and competitions
 - c. Including sun safety in briefing sessions
 - d. Encourage awareness among family members and spectators
7. Encourage officials to act as role models by practicing sun safety themselves.
8. Regularly review the sun safety policy to ensure it remains relevant and current.
For more information about sun safety and being SunSmart visit www.cancercouncil.com.au