



Sunsmart Policy (Youlden Parkville Cricket Club)

1. RATIONALE

With our training and competitions getting into full swing for the year, it's important to make sure that all of our players, coaches, officials and spectators are properly protected from the sun. Youlden Parkville Cricket Club takes sun protection seriously, and we would like our members to enjoy cricket while being sun safe.

Sun protection is important as nearly all skin cancers are preventable. We also know that spending extended time in the sun and getting sunburnt, especially in the first 15 years of life, increases the risk of developing skin cancer.

2. RECOMMENDATIONS

To reduce the risk of skin damage and skin cancer, Cancer Council recommends following five SunSmart steps during sun protection times (even on cold and cloudy days):

Slip on clothing that covers as much skin as possible – longer sleeves, higher necklines and longer style shorts and skirts.

Slop on SPF30 (or higher) broad-spectrum, water-resistant sunscreen. Apply sunscreen 20 minutes before going out in the sun. Reapply every two hours or after swimming or sweating. Sunscreen should be available in the team's kit bag and players should be encouraged to have sunscreen in their training bag.

Slap on a hat – one that shades the face, neck and ears. Broad-brimmed, bucket and legionnaire hats are best for these sensitive areas. Caps do not protect the neck, ears or cheeks and are only recommended when sun-protective hats are not practical for active play.

Seek shade – where possible, play/train/take breaks/watch in the shade available. If venues don't have enough shade, the club will endeavour to provide portable shade such as umbrellas and marquees and encourage spectators to bring their own shade.

Slide on sunglasses. Make sure they meet the Australia Standard 1067.

3. POLICY REVIEW

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

4. ENQUIRIES REGARDING OUR POLICY:



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