

Mount Clear Cricket Club - UV Protection (Sun Smart) Policy

Reviewed: June 2020



At Mt Clear Cricket Club we promote sun safe behaviour. To assist in the maximum protection of individuals against ultraviolet (UV) radiation, during the course of a match or at training.

We recognise and use the SunSmart app to ascertain what sun protection is recommended for our location, we then maintain awareness by relaying UV recommendations to members (when UV levels are due to reach 3 or higher). We encourage participants to seek shade when practical and promote sun protection, by encouraging players and spectators to come to events with sunscreen, appropriate clothing, hats and sunglasses. Our club officials act as SunSmart role models.

We aim to provide marquee shade coverage at no fixed shade facility venues, as we understand that this is one of the best ways to protect ourselves from UV radiation. Shade protection is used in conjunction with other sun safe behaviour to provide maximum protection against UV radiation.

Mt Clear Cricket Club's sun protection measures include:

- occasions when sun protection is required (as determined by Sun Smart's daily local sun protection times) is communicated to participants and spectators.
- SPF30 Sunscreen (or higher) broad-spectrum, waterresistant sunscreen is promoted and/or provided to participants. Participants/members are encouraged to apply sunscreen 20 minutes before training or playing and to reapply every two hours.
- sun-protective clothing is available as part of on and off-field uniform and uniform for officials and volunteers.
- wide-brimmed hats are included as part of the on and off-field uniform.
- where there is insufficient natural or built shade, clubs shade marquees are provided and participants and officials rotate through cooler shaded areas.

Our UV Protection (SunSmart) Policy will be reviewed annually to ensure that the document remains current and practical to the club and participant requirements.