



Sun Safety Policy

RATIONALE

Too much exposure to ultraviolet light (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of skin cancer.

- Most damage due to sun exposure occurs to Infant and Junior age members
- The club can play a significant role in protecting young people.
- People are at risk of sunburn within 10-15 minutes of being exposed to **strong** sunlight.
- Skin cancer is largely preventable through behaviour modification and sun protection during early years.

The main elements of this policy are:

- Promoting awareness about sun safety
- Protection: providing an environment that enables members to stay safe in the sun.

*The term 'members' in this policy includes all members but particular emphasis should be placed on Infant and Junior members taking part in organised club activities. Most coaching takes place after 4pm when the risk is lower: some measures, for example the seeking of shade, will be more important when activities take place at times of **strong** sunlight.*

PROMOTING AWARENESS

- Coaches should act as positive role models and set a good example by seeking out the shade whenever possible and wearing suitable clothing, hat and sunscreen.
- Senior members and committee members should be encouraged to follow suit
- The club will emphasise the 3 Ss of Sun Safety:

SLIP SLOP SLAP: - SLIP ON A T-SHIRT, SLOP ON THE SUNSCREEN, SLAP ON A HAT.

- Parents and Guardians will be asked through e-mail letters/newsletters and posters to support this policy by encouraging their children to adopt the Slip, Slop, Slap message and act as role models.
- At appropriate times during the year members will be reminded about 'How to be Sun Safe'.

PROTECTION

Shade:

- The club has shade provided mainly by the building; we may use temporary structures i.e. gazebos, etc on special occasions
- Members will be encouraged to use the shaded areas when appropriate.

Clothing:

- Members will be encouraged to wear clothes, including hats with neck protection (including reverse baseball caps,), that provide good sun protection.

Sunscreen:

- Members will be encouraged to use sunscreen (suggested minimum SPF 30, 4 star UVA) to apply themselves when appropriate and used on or off site for any external matches and tournaments

Drinking Water:

- Members are encouraged to increase their water intake in hot weather and are encouraged to drink water particularly during coaching and match sessions

Reviewed Oct 2023

Approved by committee 16/11/23