

SunSmart Sports policy

Wangaratta Lawn Tennis Club



WLTC's SUNSMART policy

The following policy is in place to help Wangaratta Lawn Tennis Club minimise the risks of overexposure to UV.

Rationale

The sun's ultraviolet (UV) radiation is the main cause of skin cancer. UV damage also causes sunburn, tanning, premature ageing and eye damage. Australia has one of the highest rates of skin cancer in the world. Two in three Australians will develop some form of skin cancer before the age of 70.

Sunburn and other UV damage is common while playing or watching sport, when people are exposed to the sun's UV radiation for long periods of time.

Sporting clubs and organisations have a responsibility under health and safety legislation to provide and maintain a safe working environment for staff, volunteers, players and spectators. By minimising UV harms, you will help to fulfil this obligation and duty of care.

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, on the free SunSmart app or SunSmart widget (on the WLTC website – home tab) 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 (according to the rules of Tennis Victoria) when high risk conditions are forecast.

Where it is not possible to avoid peak UV and heat periods, the following interim steps can be taken to minimise the risk of overexposure to UV and heat illness:

- Warm-up activities should be limited in duration and intensity.
- Consider reducing the duration of the activity.
- Can the activities start earlier in the morning or later in the evening?
- Rest breaks and opportunities to seek shade and rehydrate are encouraged.
- 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 recommended to be made from UPF (UV protection factor) 50+ material and have long sleeves and a collar.
- Tops/jerseys should be 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 on the field when practical.



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2. Sunscreen

- SPF30 (or higher) broad-spectrum, water-resistant sunscreen is promoted and provided free by the WLTC to participants, if they forget their own.
- Participants are encouraged to equip their tennis bags with sunscreen SPF30 (or higher) and to apply to exposed areas of skin, 20 minutes before training or playing and to reapply every two hours or immediately after sweating or toweling dry.
- Club supplied sunscreen will be replaced once it is near empty or past the use-by date.
- Participants are encouraged to apply a generous amount of sunscreen (the equivalent of one teaspoon per limb).

3. Hats

- Wide-brimmed or bucket hats encouraged (even if they can't be worn in actual play).
- Caps and visors do not provide adequate sun protection to the face, ears and neck, so should be used in combination with sunscreen on parts of skin not covered, as an interim measure for on-field play or training.

4. Shade

- An assessment of existing venue shade has been conducted. Currently trees around the courts and the clubhouse / verandah are recommended.
- When not actively playing or between individual events, participants are able to access shade.
- Where there is insufficient natural or built shade, participants are encouraged to bring their own temporary shade (e.g. tents or umbrellas).
- Shade from buildings, trees and other structures is used where possible (e.g. for marshalling areas, spectator areas).
- Marshalling, interchange and presentation ceremony areas are protected by shade.
- Participants should rotate to cooler, shaded areas when not playing.

5. Sunglasses

- Participants are encouraged to wear sunglasses that meet the Australian standard (ASNZS 1067:2016).

Education and information

- Sun protection should be considered by participants all year round. The SunSmart widget on the WLTC homepage quantitates the daily risk. Participants and spectators are encouraged to consult this information.

Review

- This SunSmart policy will be reviewed regularly.
- This policy was last updated on 3/10/2019.
- Next policy review: 3/10/2021

Relevant documents and links

- **SunSmart:** sunsmart.com.au
- **SunSmart widget:** sunsmart.com.au/uv-sun-protection/uv/uv-widget
- **SunSmart app:** sunsmart.com.au/app
- **Heat and UV Guide:** sunsmart.com.au/downloads/communities/sports-clubs/uv-exposure-heat-illness-guide.pdf
- **Shade audit:** sunsmart.com.au/shade-audit/
- **Australian Government Therapeutics Goods Administration (TGA) – Australian regulatory guidelines for sunscreens: 4. Labelling and advertising – directions for use of the product**
- **ARPANSA Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation (2006)**
- **Safe Work Australia: [Guidance Note – Sun protection for outdoor workers](#) (2016)**

For more information contact SunSmart:

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Disclaimer

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This information is based on current available evidence at the time of review. It can be photocopied for distribution. Last update: September 2017