

Sun Smart and Extreme Weather Policy	Approval Date:	9 November 2019
	Review Date:	
	Version No:	1

PURPOSE

The following policy is in place to help the Darebin Women's Sports Club (**Falcons** or the **Club**) minimise the risks of overexposure to UV and to ensure that players are protected in extreme heat or cold.

EXTREME WEATHER

If the Bureau of Meteorology website predicts that the temperature at the time that training commences is below 0 Degrees Celsius or above 35 Degrees Celsius, or is otherwise extreme (including but not limited to hail, lightning or flooding) then training will be altered or cancelled.

Whether or not a game will be cancelled due to weather conditions depends on the rules of the relevant sporting code.

SUNSMART POLICY

Background

- 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

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 Football Victoria, AFL Victoria, the Northern Football and Netball League and Cricket Victoria) when high risk conditions are forecast.

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

- Warm-up activities are limited in duration and intensity.
- The duration of the activity is reduced.
- Activities start earlier in the morning or later in the evening.
- Rest breaks and opportunities to seek shade and rehydrate are increased.
- Officials rotate out of the sun more frequently than usual.
- Player interchange and substitution is used more frequently than usual.
- 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

- Sun-protective clothing is included as part of on and off-field uniform and uniform for officials and volunteers.

- Where the competition uniform does not provide adequate sun protection, participants are reminded to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen to all exposed skin and wear covering clothing whilst not on the field.

2. Sunscreen

- SPF30 (or higher) broad-spectrum, water-resistant sunscreen is promoted and/or provided to participants at the Club's homeground.
- Participants are encouraged to apply a generous amount of sunscreen (the equivalent of one teaspoon per limb).

3. Hats

- We will adhere to association rules in relation to shade.

4. Shade

- An assessment of existing shade has been conducted at commonly used outdoor venues.
- When not actively playing or between individual events, participants are able to rest in shaded areas.
- Shade from buildings, trees and other structures is used where possible (e.g. for player interchange, marshalling areas, spectator areas).
- Participants and officials rotate to cooler, shaded areas.