



BAYSIDE UNITED FC

Sun Smart Policy

Why have a SUN SMART policy?

When training, participating in, or watching sports, people often spend extended times outdoors during peak UV periods and are exposed to intense levels of direct and indirect ultraviolet (UV) radiation. This places them at higher risk of UV damage, including sunburn and skin cancer. UV exposure may also increase the risk of eye diseases. This policy provides practical guidance to implementing sun smart measures within our club.

Schedules

Where possible (and within the control of our club), training, events and competitions will be scheduled to minimise exposure to UV.

Strategies include:

- Scheduling activities outside peak UV periods i.e., earlier in the morning or later in the afternoon.
- Reducing duration of warm-up activities and play with additional shaded break times.
- Frequently rotating player interchange and substitution.

Shade

- Shade from buildings, trees and other structures is used where possible (e.g. for player interchange, marshalling areas, spectator areas, coach talks, presentation ceremonies).
- When not actively playing or between individual events, participants are encouraged to rest in shaded areas.
- Officials and volunteers rotate to shaded areas and are encouraged to take breaks in the shade.
- Where there is insufficient natural or built shade, temporary shade structures are provided or participants and spectators are encouraged to bring their own temporary shade (e.g. tents or umbrellas).

NOTE: gazebos and the like must not be placed on the playing fields.

Player Protection

When competing, players are encouraged to:

- Apply sunscreen to the face, neck, ears, arms and legs.
- Wear hats that shade the head, face, neck and ears (i.e., wide-brimmed, legionnaire or bucket style) when 'on the bench' and at half time.
- Ensure players bench is in a shady area if available,



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When not competing, players are encouraged to:

- Apply sunscreen to the face, neck, ears, arms and legs.
- Wear cool, well-ventilated clothing that covers as much skin as possible.
- Wear hats that shade the head, face, neck and ears (i.e., wide-brimmed, legionnaire or bucket style).
- Wear Close-fitting, wrap-around sunglasses

Club spectators/ supporters are encouraged and reminded to bring and use their own sun protection.

Sunscreen

As sunscreen does not completely block all UV, it is always used with other forms of sun protection.

For any parts of skin not covered by clothing, SPF50 or 50+ broad-spectrum, water-resistant sunscreen is applied.

Officials, volunteers and participants are encouraged to apply sunscreen 20 minutes before training or playing and to reapply every two hours or immediately after sweating, or toweling dry.

Leading by Example

As part of OHS UV risk controls, duty of care and role-modelling, officials, coaches, team managers and volunteers are encouraged to:

- Actively Implement and promote sun protection measures within their teams for training and game days.
- Apply SPF50 or 50+ broad-spectrum, water-resistant sunscreen.
- Seek shade whenever possible.

This SunSmart information is included is located on our website
www.baysideunited.com.au
which is accessible and promoted to all club members upon enrolment and throughout
the season.