



Sun Safety Policy

Purpose

The Sun Safety Policy has been adopted to ensure that all players, coaches, match officials, parents, and spectators attending any SWVFA activity are encouraged to protect themselves from skin damage, and minimize the risks associated with overexposure to harmful ultraviolet (UV) radiation from the sun.

As football is played primarily during times of peak UV radiation, SWVFA can play a vital role in providing a safe environment that promotes sun protective behaviours and minimizes exposure to UV radiation and direct sunlight.

This policy should be used in conjunction with the Heat Policy to manage risk associated with Extreme Heat during SWVFA activities.

Policy Statements

Excessive exposure to the sun and its UV radiation can cause painful sunburn and have immediate negative impacts on hydration and overall performance. Prolonged exposure to UV radiation also increases the risk of skin damage and skin cancer.

The measures included in this policy aim to ensure a sensible approach to UV exposure to reduce the harmful associated health risks of overexposure (Eg. Skin damage, skin cancer and eye damage), while also protecting participants from heat-related illness and injury.

Between the hours of 10am and 3pm, particular care should be taken as UV levels reach their peak. Noting that UV can neither be felt or seen and can be damaging to an individual's skin even on cool, cloudy, or overcast days.

As part of our commitment towards minimizing sun and UV exposure, and protecting the health and safety of participants in our activities the SWVFA will:

- 1) Where possible, schedule outdoor SWVFA activities such as training, games, etc outside of peak UV times (10am-3pm).



- 2) Actively promote sun protection and the importance of sun safety, particularly when the UV Index is 3 or higher.
- 3) Encourage the use of shade provided by trees, buildings, and other structures to all participants, officials, and spectators.
- 4) Encourage individuals to bring their own sun protection items, such as sunscreen, sunglasses, hats, umbrellas, and shade tents.
- 5) Attempt to increase awareness of sun safety and skin cancer by providing information and resources.

Procedures

To mitigate potential risk of overexposure, and promote sun safety and protection, SWVFA will:

- 1) Ensure sunscreen (SPF30+ or above) is readily available or easily accessible at central locations during SWVFA activities.
- 2) Allow players and officials time to apply sunscreen prior to training and games.
- 3) Encourage players, officials, spectators etc to utilise shaded or covered areas where applicable.
- 4) Attempt to provide temporary shade such as portable marquees or gazebos if the existing shade is inadequate.
- 5) Prioritize the provision of shade in future grant submissions and facility development projects.
- 6) Promote sun safety and protection via the SWVFA website, social media, and signage.
- 7) Schedule training sessions and games when the UV Index is below 3, where possible. When this is not achievable, SWVFA activities should be scheduled as far from 12:00pm as possible.
- 8) Cancel training, matches and other activities in line with the SWVFA's Heat or Extreme Weather policies, or the relevant Football Victoria policies when high risk conditions are forecast.

Where peak UV and heat periods cannot be avoided, the following interim steps will be taken to minimize the risk of overexposure to the sun and UV radiation:

- 1) Activities will be started as early in the morning or as late in the evening as possible.
- 2) Warm-up activities will be limited in both intensity and duration.
- 3) The total duration of the activity will be reduced where possible.
- 4) Rest/hydration breaks will be provided allowing the opportunity to seek shade for both participants and officials.



- 5) Coaches and senior SWVFA officials will role model positive sun-protective behaviour by applying sunscreen, wearing hats, and seeking shade where possible.

To best implement this Sun Safety policy, all SWVFA members and participants are encouraged to monitor the daily temperature, UV levels and local sun protection times via the relevant weather apps, websites, newspapers, or at sunsmart.com.au.

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