



Northern NSW Football Sun Protection Policy

Australia has the highest rate of skin cancer in the world. Overexposure to the sun during childhood and adolescence is an important contributing factor to the development of skin cancer later in life. Given that football is primarily played during times of peak ultraviolet (UV) radiation, Northern NSW Football can play a major role in creating a supportive environment that minimises exposure and encourages sun protective behaviours.

NNSWF's Sun Protection Policy has been adopted to ensure that all players, match officials, staff, parents and spectators attending any Northern NSW Football event are protected from skin damage caused by UV radiation from the sun. The sun protection practices outlined in this policy will be applied to all football activities directly controlled and conducted by NNSWF and its clubs including but not limited to; Gala days, State Championships, School Visits, School 5 a-side Gala Days, Coaching Courses, Referees Courses, Girls MiniRoos and special events.

As part of our commitment to the health and safety of all participants, NNSWF, member zones and football clubs will:

1. Modify activities to avoid exposure to damaging UV
2. Avoid Peak UV times of 10am to 2pm (11am to 3pm EDST) when scheduling outdoor summer events and/or training times.
3. Actively promote sun safety at all times especially when the UV Index is likely to be 3 and above. Daily UV Index forecasts for towns and cities throughout NSW can be found at: www.cancercouncil.com.au/sunsmart
4. Encourage officials and participants to use the shade of trees, buildings and other structures when available
5. Provide gazebos and shade tents as required
6. Promote the use of SPF30+ sunscreen to be applied at least 20 minutes prior to activity and every two hours after
7. Use signage and social media posts to raise awareness for sun safety
8. Ensure sun safety is a consideration of uniforms for club delegates, spectators and officials – including sunscreen, hats and long sleeves
9. Regularly review the sun safety policy to ensure it remains relevant and current

This policy should be used in conjunction with the NNSWF Hot Weather Policy

<https://northernnswfootball.com.au/hot-weather-policy/>

For more information about sun safety and being SunSmart visit www.cancercouncil.com.au

(Modified July 2022)