



NORTHERN
NSW FOOTBALL

SUN PROTECTION POLICY

Rationale

Australia has the highest rate of skin cancer in the world. Overexposure to the sun during childhood and adolescent 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. This policy is to be implemented when the applicable forecast average monthly UV Index in our area is 3 or above (available from www.bom.gov.au). The sun protection practices outlined in this policy will be applied to all football activities directly controlled and conducted by NNSWF including but not limited to; Gala days, State Championships, School Visits, School 5 a-side Gala Days, Coaching Courses, Referees Courses, Girls Quick Kicks and special events.

Our Commitment

Northern NSW Football will:

- Brief all staff in relation to the sun protection policy and include the policy in the staff induction;
- Promote sun protection via NNSWF's website, signage, and PA announcements;
- Make sunscreen freely available at a central location at identified activities;
- Provide temporary shade such as marquees, portable gazebos and shade sails if the existing shade is inadequate;
- Require staff to wear broad-brimmed, legionnaire or bucket hats for all outdoor activities, where applicable;
- Encourage parents/spectators to wear broad-brimmed, legionnaire or bucket style hats when attending training/games/gala days;
- Review Northern NSW Football's dress code to include sun protective items such as shirts with collars and long sleeves;

- Ensure there is adequate provision of shade within the Facility for players/spectators and staff, by planting trees and building shade structures;
- Encourage staff/players/spectators etc. to utilise shaded or covered areas where applicable;
- Timetable as many games/ gala days etc. where applicable – when the UV Index is below 3. When this is not possible activities should be scheduled as far from 12 noon as possible;
- Allowing players time to apply sunscreen 20 minutes prior to games/gala days etc;
- Incorporate sun protection and skin cancer awareness programs into the appropriate Key Learning Areas of Northern NSW Football;
- Review the sun protection policy annually; and
- Prioritise the provision of shade in relation to facility enhancement projects and grant submissions.

Our Expectations

Parents/carers will:

- Ensure that your child/children has/have access to SPF 30 or higher broad-spectrum, water-resistant sunscreen at all times.
- Act as positive role models by practising SunSmart behaviour.
- Support Northern NSW Football's sun protection policy, and help design and regularly update the policy.

Participants will:

- Be aware of Northern NSW Football's sun protection policy.
- Take responsibility for their health by being SunSmart.
- Comply with SunSmart rules and guidelines by wearing suitable hats and clothing where applicable
- Apply SPF30 or higher broad-spectrum, water-resistant sunscreen 20 minutes before going outdoors.
- Use shaded or covered areas outdoors, where applicable.
- Act as positive role models for other participants in all aspects of SunSmart behaviour.
- Be actively involved in initiatives to protect the football community from over-exposure to the sun.
- Help design and regularly update the SunSmart policy.

- Participate in SunSmart education programs.

Evaluation

CEO of NNSWF will review the effectiveness of this policy each year and make any necessary changes.

1. Review the SunSmart behaviour of participants, parents, and spectators and make recommendations for improvement.
2. Assess shade provision and usage and make recommendations for increases in shade provision.

Approved by: David Eland

Date: 1 March 2014

Position: Chief Executive Officer