



Melbourne East Netball Association

Registration No: A0011747L

ABN 54 201 268 575

Sun Smart Policy

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Policy Date: May 2020
Policy Name: Sun Smart Policy
Committee Responsible: Executive Committee

Rationale

1. The health of association/club members is of primary concern for Melbourne East Netball Association (MENA). Australia has the highest rate of skin cancer in the world, with two out of three people experiencing some form of skin cancer during their lifetime.
2. This policy applies to all members, administrators, officials, coaches, players, visitors and volunteers of MENA.

Policy

It is acknowledged that skin cancer is a preventable disease and that a preventative strategy including the following actions will be implemented by MENA.

Guidelines

- a. Shortening the length of the match or extending the time allowed for $\frac{1}{4}$, $\frac{1}{2}$ & $\frac{3}{4}$ breaks may be appropriate.
- b. In conditions of high-risk participants should be provided opportunities to rest through the use of player interchange or substitution.
- c. The association/club will maximise the use of natural shade provided from buildings, trees and other structures.
- d. Where natural shade does not exist, the association/club will endeavour to provide portable shade structures for use by officials, spectators and players.
- e. Individuals will also be encouraged to bring their own shade structures to association/club events.

The Association and Clubs will adopt the following Sun Smart principles - the 6 S's:

1. "Slip"

- i. All umpires, coaches and officials are encouraged to wear a long-sleeved t-shirt at all times.
- ii. Clubs are encouraged to provide long sleeved t-shirts as an option for uniform.

2. "Slop"

- i. Complimentary sunscreen is available at the courts:
Where? At the Competition office



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3. "Slap"

- i. Soft brimmed hats may be worn by all participants on and off the court.

Note: hard brimmed caps are not allowed due to risk of eye damage. Caps/visors may not provide adequate protection for the head/neck.

4. "Slurp"

- i. All participants should be encouraged to bring a water bottle to their game.

Note: drink 200ml of water with every 15 minutes of exercise!

5. "Seek Shade"

- i. All participants are encouraged to seek shade whenever they are not playing, this includes at all breaks.

6. "Slide"

- i. All participants are encouraged to wear protective sunglasses

"Why?"

Prevention of *Skin Cancer, Sunburn, Heat/Sun Stroke, Dehydration*

Education

- i. Event programs, newsletters including the weekly email and public announcements will be used to raise and maintain awareness and to prompt sun protective behaviour.
- ii. Club officials/staff will act as suitable SunSmart role models.
- iii. <https://www.sunsmart.com.au/communities/sporting-groups/top-sunsmart-tips-for-your-sport/netball>

Related policy:

Weather Policy

Policy Review Date:

June 2024