



CROQUET NSW

SUN PROTECTION

Effective 27th March 2018

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Review Date
2023

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CNSW Sun Protection Policy

1. Aim of This Policy

This policy aims to ensure that all participants, officials and spectators are protected from the harmful effects of the sun throughout the year, and that Croquet NSW and its affiliated clubs provide a sporting environment that supports sun safety awareness and practices.

Our organisation/club has a duty of care to provide a safe environment for everyone involved in our activities. Providing a safe environment includes protecting people from the harmful effects of UV radiation. Participants, officials and spectators will be encouraged to access the SunSmart UV Alert at www.cancercouncil.com.au/sunsmart to view local UV levels.

2. When this Policy Applies

This policy applies during the 'high risk' period from early September until the end of April, and whenever UV levels reach 3 and above (the level that can damage skin and eyes). During those times, and wherever possible, at events and training sessions Croquet NSW will encourage the use of sun protection measures that include but are not limited to the following:

1.1 Scheduling and Venues

- If possible schedule major and long duration events for the 'low risk' period which is from early April to late September.
- In the 'high risk' period from late September to early April, consider limiting the duration of play at events or training sessions particularly during the peak UV times of 10am–2pm (11am–3pm daylight saving time).
- When planning events or training sessions, consider sun protection as a factor and apply protection measures if needed. The holding of events and training sessions in the evening is encouraged.
- By preference hold events and training sessions at venues that provide adequate natural and manmade shade.
- Encourage participants, officials and spectators to use the natural and manmade shade available and bring additional umbrellas and shade tents if considered necessary.

1.2 Hats and Clothing

- Encourage officials and participants to wear sun-safe hats that protect the face, neck and ears such as legionnaire, board-brimmed and bucket hats. Baseball caps do not provide a similar level of sun protection and wearers will be encouraged to apply sunscreen to exposed areas.
- Venues are encouraged to have a number of sun-safe hats available for use or sale.
- Enforce a 'no hat, play in the shade' rule for juniors players who are playing during the high risk time of the year.
- Encourage officials and participants to wear sun-safe clothing that covers as much skin as possible, including shirts/tops with longer sleeves and a collar, and long shorts or pants.
- Incorporate into the club uniform, clothing that is cool, loose fitting and made of densely woven fabric. Any fabric with an ultraviolet protection factor (UPF) rating above 15 provides good protection against UV radiation, but UPF50+ is recommended (AS/NZS 4399:1996).



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1.3 Sunscreen and Sunglasses

- Venues are required to have broad-spectrum sunscreen available that is at least SPF 30+. Participants, coaches, officials and spectators are encouraged to use sunscreen on exposed areas.
- Advise participants, coaches, officials and spectators that sunscreen is most effective if applied at least 20 minutes before going outdoors, and is reapplied every 2 hours when outdoors, or after perspiring.
- Encourage officials and participants to wear close-fitting, wrap-around sunglasses of category 2, 3 or 4 as these sunglasses cover as much of the eye area as possible.

3. Increase awareness of sun safety

Croquet NSW expects venues and clubs to regularly promote sun protection information to officials, participants and spectators through briefings or training sessions, newsletters, notice boards, online communications, enrolment and announcements at sporting events. Individuals must be informed that Croquet NSW has a Sun Protection Policy when they apply for club membership.

4. Role modelling

Encourage all officials, coaches, trainers and adult members of the club to act as positive role models for younger members in all aspects of sun safe behaviour, including using a combination of sun protection measures.

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