



Roosters Hockey Club - Sun Protection Policy

Aims This policy aims to provide guidance on sun safety practices to all participants, volunteers, officials and spectators. Through this policy we aim to develop a hockey culture that supports sun safe awareness to protect our members from the harmful effects of the sun throughout the year.

Our commitment The Roosters Hockey Club has a duty of care to provide a safe environment for the members of our club participating in the sport of hockey. Providing a safe environment includes protecting people from the harmful effects of UV radiation. Wherever possible, the Roosters Hockey Club will use a combination of sun protection measures for all outdoor activities during our season from February until the end of September and whenever UV levels reach 3 and above (the level that can damage skin and eyes) including the following:

1. Scheduling outdoor activities:

- Where possible, training and other related events will be scheduled to minimise exposure to high-risk UV radiation, preferably by starting activities earlier in the morning or later in the afternoon/early evening.

2. Shade:

- Utilise shade available from buildings, trees and other structures where possible. These can be used for player interchanges, between activities or as spectator areas.
- Ensure that these identified areas provide shade when matches are played.
- When not actively playing or between individual events, participants are encouraged to rest in shaded areas. This may include the interchange bench and off-field designated areas.
- When there is insufficient natural or built shade, ensure temporary shade structures are provided and/or participants and spectators notified to bring their own temporary shade structures.

3. Clothing

- The club will endeavour to provide uniforms made from UPF (UV protection factor) 50+ material where practical.
- For players, where the uniform does not provide adequate sun protection, participants are reminded to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen to all exposed skin.
- Participants without appropriate protective clothing should not be permitted to spend extended periods exposed to the sun.

4. Hats

- Officials, volunteers, and players must ensure that when off-field that sun protection is addressed such as wearing a wide brimmed hat and sunglasses.
- When on the pitch, in line with match safety, wear a foam visor or soft-edged hat to provide some UV protection for your eyes and face.

5. Sunscreen

- Officials, coaches, managers, spectators and players will be encouraged to use at least an SPF 30+, broad-spectrum, water-resistant sunscreen whenever outdoor activities are to be performed.

- Participants are encouraged to apply sunscreen 20 minutes before training or playing and to reapply every two hours or immediately after any game or training activity when performed in the sun.
- The first aid kit includes a supply of SPF 30+ broad-spectrum, water-resistant sunscreen.
- Sunscreen is stored below 30°C and replaced once it is past the use-by-date.
- For best protection, participants are encouraged to apply a generous amount of sunscreen (the equivalent of one teaspoon per limb).

6. Sunglasses

- Encourage officials and participants to wear close-fitting, wrap-around sunglasses that meet Australian Standard AS/NZS 1067:2016) and cover as much of the eye area as possible.

7. Increase awareness of sun safety

- 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.
- Inform individuals about the organisation's Sun Protection Policy when they apply for membership.

8. Role modelling

Club officials, coaches, managers and adult members of the club will act as role models and demonstrate sun safe behaviour by:

- Wearing sun safe clothing and hat
- Applying SPF30+ broad-spectrum, water resistant sunscreen 20 minutes before going outdoors
- Wearing sunglasses that meet appropriate Australian standards
- Use and promote the use of shade where possible

9. Review

This policy shall be reviewed every two years from the date of adoption

10. Authorisation

The policy was adopted by the Roosters Hockey Club on 7th November 2020.