



Capalaba Football Club Inc Sports Sun Protection Policy

The following policy is in place to help Capalaba Football Club Inc reduce UV exposure and skin cancer risk.

Rationale

The sun's ultraviolet (UV) radiation can't be seen or felt. Whatever the weather, it's important for people of all skin types to use sun protection whenever UV levels are three or higher.

Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70. Skin cancers account for 80 per cent of all new cancers diagnosed each year in Australia, making it the most common type of cancer, Queensland has the highest rate of skin cancer in the world.

While playing or watching sport, people are exposed to the sun's UV for long periods of time.

Capalaba FC Inc have a responsibility under health and safety legislation to provide and maintain a safe working environment for staff, volunteers, players and spectators. By minimising UV harms, we aim to fulfil this obligation and duty of care.

Benefits of a sun protection policy

There are many benefits to Capalaba FC Inc in encouraging sun protection to their participants, some of these include:

- Improved health and wellbeing.
- A safe environment that provides shade and other sun protective measures for the entire organization.
- Increased knowledge and awareness of skin cancer and other damage caused by UV radiation
- Create a healthy and safe image

Sun protection times

- To assist with the implementation of this policy, Capalaba FC Inc club officials, coaches and participants are encouraged to access the daily local sun protection times via the [SunSmart widget](#), the free [SunSmart app](#), or at sunsmart.com.au.
- The sun protection measures listed are used for all outdoor activities during the **daily local sun protection times**.

The sun protection times relate to the time of the day UV levels reach 3 of above, and subsequently multiple forms of sun protection is required. In Queensland, UV levels are typically above 3 every day of the year, therefore an effective sun protection policy is required to be implemented all year round.

- A combination of sun protection measures are needed during the daily local sun protection times.

Schedules, fixtures and rule modifications (including a cancellation policy)

- Where possible, training, events and competitions are scheduled to minimise exposure to UV and heat.
- Cancellation of training, events or competition occurs according to the rules of Football Queensland when high risk conditions are forecast.
- The duration of the activity is reduced.
- Activities start earlier in the morning or later in the evening.
- Rest breaks and opportunities to seek shade and rehydrate are increased.
- Officials rotate out of the sun more frequently than usual.
- Player interchange and substitution is used more frequently than usual.
- Activity is held at an alternative venue.
- Officials, coaches and senior members act as role models by wearing sun-protective clothing and hats, applying sunscreen and seeking shade wherever possible.

Sun protection measures

1. Clothing

- Sun-protective clothing is included as part of on and off-field uniform and uniform for officials and volunteers.
- Tops/jerseys are made from UPF (UV Protection Factor) 50+ material and have long sleeves and a collar.
- Tops/jerseys are loose-fitting and lightweight.
- Where the competition uniform does not provide adequate sun protection, participants are reminded to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen to all exposed skin and wear covering clothing whilst not on the field.



Capalaba Football Club Inc Sports Sun Protection Policy

2. Sunscreen

- SPF30 (or higher) broad-spectrum, water-resistant sunscreen is promoted and/or provided to participants.
- Participants are encouraged to apply sunscreen 20 minutes before training or playing and to reapply every two hours or immediately after sweating.
- Sunscreen is stored below 30°C and replaced once it is past the expiry date.
- Participants are encouraged to apply a generous amount of sunscreen (the equivalent of one teaspoon per limb).
- The club's first aid kit includes a supply of SPF30 (or higher) broad-spectrum, water-resistant sunscreen.

3. Hats

- Wide-brimmed or bucket hats are encouraged to be worn when not on the field of play.
- Caps and visors do not provide adequate sun protection to the face, ears and neck and are not recommended for extended sun protection but may be used, in combination with sunscreen on parts of skin not covered, as an interim measure for on-field play or training.

4. Shade

- When not actively playing or between individual events, participants are encouraged to rest in shaded areas.
- Where there is insufficient natural or built shade, temporary shade structures may be provided or participants are encouraged to bring their own temporary shade (e.g. tents or umbrellas).
- Shade from buildings, trees and other structures is used where possible (e.g. for player interchange, marshalling areas, spectator areas).
- Marshalling, interchange and presentation ceremony areas are protected by shade.
- Participants and officials rotate to cooler, shaded areas.

5. Sunglasses

- Participants are advised to wear sunglasses that meet the Australian standard (AS/NZS 1067:2016).

Education and information

- The times when sun protection is required (as determined by SunSmart's daily local sun protection times) are communicated to participants and spectators.

6. Review

- This sun protection policy will be reviewed regularly.
- This policy was last updated on 30th May 2022
- Next policy review: 30th May 2023

Relevant documents and links

- SunSmart: sunsmart.com.au
- SunSmart widget: sunsmart.com.au/resources/uv-widget
- SunSmart app: sunsmart.com.au/resources/sunsmart-app
- QLD Government – Sun Safety and Physical Activity [sun-safety-and-physical-activity](https://www.qld.gov.au/health/physical-activity/sun-safety)
- Cancer Council Qld
- ARPANSA [Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation](https://www.arpansa.gov.au/radiation-protection-standard-for-occupational-exposure-to-ultraviolet-radiation) (2006)
- Safe Work Australia: [Guide on exposure to solar ultraviolet radiation \(UVR\)](https://www.safeworkaustralia.gov.au/guide-on-exposure-to-solar-ultraviolet-radiation) (2019)
- AS 4174:2018 Knitted and woven shade fabrics
- AS/NZS 1067.1:2016, Eye and face protection - Sunglasses and fashion spectacles
- AS 4399:2020, Sun protective clothing - Evaluation and classification
- AS/NZS 2604:2012 Sunscreen products - Evaluation and classification
- Australian Government Therapeutics Goods Administration (TGA) – Australian regulatory guidelines for sunscreens: [4. Labelling and advertising – directions for use of the product](https://www.tga.gov.au/4-labeling-and-advertising-directions-for-use-of-the-product)

Please note: For individuals with certain health conditions and/or medications, it may mean they are more sensitive to UV radiation and need to use sun protection at all times regardless of the UV levels. For further guidance/information, the club and/or the individual can visit [Risk factors for skin cancer](#).

For more information contact SunSmart:

W: [Sunsmart Program QLD](https://sunsmart.com.au) / E: info@cancerqld.org.au

P: (07) 3634 5100

Disclaimer

This information is general in nature and does not constitute medical advice from your doctor or health professional. While all reasonable attempts have been made to ensure the accuracy of the information, Capalaba FC inc and associated parties cannot accept responsibility for loss, injury, claim or damage resulting from the use or application of this information.

