



East Malvern Tennis Club SunSmart policy

The following policy is in place to help members minimise the risks of overexposure to UV.

Rationale

A balance of ultraviolet radiation (UV) exposure is important for health.

Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world. Two in three Australians will develop some form of skin cancer before the age of 70.

People often experience sunburn and skin damage when playing or watching sport due to extended periods exposed to high levels of UV without appropriate sun protection.

Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for the development and maintenance of healthy bones and muscles, and for general health.

Sun protection times

- Club officials, coaches and participants are encouraged to access the daily local sun protection times at sunsmart.com.au, on the free SunSmart app or in the weather section of the newspaper to assist with the implementation of this policy.
- Sun protection is needed from the beginning of September to the end of April in Victoria and whenever UV levels are 3 and above. Particular care should be taken during the middle of the day when UV levels are most intense.
- From May to August in Victoria, sun protection isn't usually needed unless near highly reflective surfaces such as snow, outside for extended periods or when the UV reaches 3 and above.

Sun protection measures:

1. Clothing

- Sun-protective clothing is recommended 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 a collar.
- Tops/jerseys are loose fitting and lightweight.
- Where the competition uniform does not provide adequate sun protection, participants are reminded to apply SPF 30 or higher sunscreen to all exposed skin and wear covering clothing whilst not on the court.

2. Sunscreen

- SPF 30 or higher broad spectrum, water resistant sunscreen is promoted and/or provided to participants. People with naturally very dark brown or black skin (not a tan or olive skin) may not need to wear sunscreen.
- Participants are encouraged to apply sunscreen 20 minutes before training or playing and to reapply every two hours or immediately after swimming or toweling dry.
- Sunscreen is stored below 30°C and replaced once it is past the use-by date.
- Participants are encouraged to apply a generous amount of sunscreen (the equivalent of one teaspoon per limb).
- Members are encouraged to have their own Sunscreen always on hand. The Club provides a supply of SPF 50 broad spectrum, water resistant sunscreen (located on the Kitchen bench at the "Sunscreen Station").

3. Hats

- Wide-brimmed or bucket style hats are recommended as part of the on and off-field uniform (even if they can't be worn in actual play). Caps and visors do not provide adequate sun protection to the face, ears and neck and are not recommended.

4. Shade

- The Club will use shade from buildings, trees and other structures where possible (e.g. for player interchange, marshaling areas, spectator areas).
- When not actively playing or between individual events, participants are able to rest in shaded areas.
- Marshaling, 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 1067:2003).