



Inc.

## Sun Smart Policy



There is a range of statistics available which cause us concern on the issue of exposure to the sun:

- \* Australia has the highest incidence of skin cancer in the world, with two out of three people developing some form of skin cancer during their lifetime; current statistics show that 2 out of every 100 people have some form of skin cancer.
- \* over-exposure to the sun during childhood and adolescence is known to be a major cause of skin cancer.
- \* as few as 6 doses of sunburn during a lifetime can more than double a person's chances of developing a skin cancer.

The aim of the Club Policy is to minimise the dangers of excessive UV radiation exposure for both senior and junior members and to ensure a healthier environment with long term health benefits.

The goals of our policy will be:

- to increase awareness of skin cancer.
- to adopt practical skin protection measures.
- to develop strategies which encourage responsible decision-making about skin protection.
- to work towards a safe club which provides shade for players and spectators.
- to encourage all members to wear protective clothing, hats and sunscreen whilst playing either on the field or watching in unprotected areas
- to continually inform new members of the club's SunSmart policy.

In order to support our SunSmart policy we ask players to observe the following:

- \* the compulsory wearing of hats in all game for junior members.
- \* a free supply of sunscreen being made available in the clubrooms and in all kit bags.
- \* senior members are encouraged to wear hats during times of play.  
The hat has been promoted as part of the team uniform.
- \* articles on the danger of over exposure to the sun being published in the club's fortnightly newsletter.
- \* anticancer council posters on skin cancer placed on the clubroom walls.

**Further information can be obtained from** <http://www.sunsmart.com.au/>