



BELLARINE SHARKS A.F.C.

# UV & HEAT ILLNESS POLICY

Our club is committed to providing a safe environment for participation and acknowledges that skin cancer and heat illness is largely preventable.

In Victoria from May to August, when UV is below 3, sun protection generally isn't required when exercising or playing sport. In fact, it is a good time to go without sun protection to get a safe level of UV exposure to help with vitamin D levels.

Our club is committed to implementing prevention strategies to minimise the risks of overexposure to UV and heat illness.

## What We Will Do:

- Our club will prominently display the SunSmart UV Alert Guide to Sun Protection, in our clubrooms to alert members and parents of sun protection measures required.
- The daily UV index, issued by the Bureau of Meteorology, will be displayed on our club website
- Where possible training will be scheduled to avoid peak UV and heat periods.
- Our club will encourage the use of SPF 30+ broad-spectrum, water-resistant sunscreen by all members.
- Our club will supply an ample supply of drinking water to ensure that members are adequately hydrated before, during and after training and competition.
- Players are permitted to drink between breaks at their own discretion.

## What We Ask You to Do:

- Members and parents should observe the SunSmart UV Alert guide posted in our clubrooms and implement the appropriate UV protection measures.
- Apply the UV protection measures outlined in this policy to reduce risk of harm to yourself, your child or both.
- Drink plenty of water on high heat days to maintain hydration levels.