



SunSmart Policy

Elsternwick Cricket Club Inc.

Introduction

The health and safety of people participating in the activities of Elsternwick Cricket Club is of paramount importance. This policy aims to increase the awareness of members, officials, employees and supporters of the Club of the potentially harmful effects of sun exposure.

The club will follow Association guidelines in regards to player safety and matches and training will be cancelled on days when temperatures reach nominated levels.

Skin Cancer & Dehydration

Australia has the highest reported incidence of skin cancer in the world. The majority of the activities of the Elsternwick Cricket Club occur outdoors in the summer months, leaving participants at risk of developing skin cancers. The activities of the Club also leave participants vulnerable to the effects of dehydration.

Both skin cancer and dehydration are preventable and there are steps that can be taken to reduce the risk of suffering from these conditions. The Club supports the initiatives of SunSmart and the Anti-Cancer Council and pledges to provide a healthy and safe sporting environment through the following actions: -

Sunscreen

Have available for use of players and officials who do not have their own stocks an SPF30+ water resistant, broad-spectrum sunscreen at the bar in the main change rooms.

Clothing

Offer caps, broad brimmed hats and long sleeve shirts for purchase.

Encourage the use of sunglasses (approved to Australian Standard).

Shade

Encourage the use of the shade provided by permanent buildings whenever possible between the hours of 11am and 3pm.

Provide portable shade through umbrellas where adequate permanent shade is not available.

Drinks

Ensure sufficient quantities of cold water are available for consumption at all times.

Encourage extra drinks breaks during matches played on days of extreme heat.

Policy Compliance

The Executive Committee will monitor the club's compliance with this policy.



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Policy Promotion

The Executive Committee will promote the SunSmart Policy regularly by: -

- Publishing a copy of the policy on the club website.
- Keeping a copy of the policy in the club rooms.
- Reinforcing the policy to players, members and supporters at matches, social events and club functions.

Policy Review

The SunSmart Policy will be reviewed by the Executive Committee annually.



John Dunnachie
President
Elsternwick Cricket Club

