



HUNTER VALLEY  
FOOTBALL



Newcastle  
Football



## REGULATION H: 3.25 Sun Safe Policy

### *Summary*

This Policy provide information about:

➤ **Regulation H – 3.25 Sun Safe Policy**

that the Joint Zone Associations Competitions will operate under.

The Regulations, Procedures and Policies in conjunction with the Constitution and By-Laws of the Zone Association shall, with the approval of NNSW Football and duly Registered with FA, apply from the date of approval and shall take precedence over any previous Regulations of the Zone Association.

Issued by the Joint Board of Directors of Macquarie Football, Newcastle Football, and Hunter Valley Football.

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# SUN SAFETY POLICY

## 1. POLICY OVERVIEW AND PURPOSE

The health, safety, and wellbeing of all our members, officials, participants, and supporters is of a primary concern for the Zone Associations.

With our great climate and open spaces, sports and recreation are a key part of the Australian lifestyle.

Excessive sun exposure can have an immediate negative impact on members, officials, and participants performance their hydration level and can cause painful sunburn.

Unfortunately, spending time outdoors exposes us to the sun's UV radiation which in turn increases our risk to skin damage and of developing skin cancer.

The majority of sport, such as football in Australia is played outdoors when UV radiation is at its highest.

Australia has the highest rate of skin cancer in the world, it's even known as our national cancer.

Over 440000 Australians are treated for skin cancer, unfortunately more than 2000 Australians die every year from skin cancer yet fortunately, skin cancer is a preventable disease.

Nearly all skin cancers are directly related to your exposure to ultraviolet (UV) radiation; this means, that when you protect your skin from the sun's UV radiation you reduce your risk.

The good news is it's also never too late to start!

Every day you protect your skin, you reduce your risk.

The Zone Associations and its Member clubs can play a major role in minimising UV radiation exposure by providing an environment where policies and procedures positively influence sun protective behaviours.

Even in winter this holds true, especially in some parts of our Joint Zone Associations where UV levels can sit at three or above for some or all of the day.

That's why it is important for Member Clubs to protect Officials, players, and spectators from sun damage.

The procedures and recommendations explained in this policy aim to help to reduce the harmful effects of exposure to UV radiation.

The Zone Associations and its Member clubs have a duty of care to provide a safe environment for everyone involved in football activities.

Providing a safe sporting environment requires the Zone Association and its Member clubs having procedures and a policy in place that includes protecting people from the harmful effects of UV radiation.

This policy aims to ensure all participants, officials and spectators are protected from the harmful effects of the sun throughout the year, and that we provide a sporting environment that supports sun safety awareness, procedures, and practices.

### 1.1 **WARNING**

The health of participants is of primary concern to the Zone Association.

It must be acknowledged that skin cancer is a major public health problem in Australia.

It is recognized medically that skin cancer is preventable and, like any other medical condition, is best dealt with by the application of preventative measures.

## **1.2 PERSONAL RESPONSIBILITY**

Overexposure to the sun during childhood and adolescence is an important contributing factor to the development of skin cancer later in life.

While the Zone Association shall endeavour to assist in sun protection when at meetings, training, and matches, it must be accepted that ultimately the responsibility for sun protection preventative measures rests with the individual and for younger players with the parents, caregivers, or guardians.

## **2.0 SUN SAFETY**

### **2.1 Football Environment**

Every Zone Associations and Member club involved in administering football and its associated activities has a responsibility to ensure a safe environment for everyone involved – players, officials, volunteers, and spectators.

Providing a safe environment includes protecting everyone from the harmful effects of UV radiation.

Children are particularly at risk of skin damage; exposure to UV radiation in childhood and adolescence is a key risk factor for developing skin cancer later in life.

Many footballing activities take place in environments with little or no shade.

Given that football and associated are primarily played during the hours of peak ultraviolet (UV) radiation, although it may be winter.

UV is not like the sun's light which we see, or the sun's warmth (infrared radiation) which we feel. Our senses cannot detect UV so it can be damaging our skin without us knowing.

The UV index provides a measure of the intensity of the sun's UV radiation levels for any given day. The UV index ranges from 0 (none, e.g., at night) to 11+, which is extreme.

In NSW the UV is high enough (i.e., at least 3 or above) to damage unprotected skin for at least 10 months of the year so it's important to remember that sun protection is something we need all year round, not just in the warmer months.

The Zone Associations can play a key part in creating a positive environment that minimises exposure and encourages sun protective behaviours.

As part of the Zone Associations commitment to the health, safety and welfare of Officials, senior and junior players, supporters, and spectators shall be encouraged to participate in the Zone Associations Sun Safety Policy as follows:

- Wherever possible attempt to schedule outdoor summer football activities (training, team selection trials, grading, etc.) to avoid peak UV times of 10am to 2pm (11am to 3pm EDST) to reduce UV exposure.
- Actively promote sun safety and the importance of sun safety when the UV Index is 3 and above.

Daily UV Index forecasts for towns and cities throughout NSW can be found by downloading the [SunSmart App](#), or embed the [SunSmart Widget](#) onto your website

to find out your daily local UV levels and sun protections times, or in newspaper weather forecasts and mobile phone weather Apps.

- Encourage all officials and participants to use the shade of trees, buildings, and other structures when available.
- Where possible Member clubs should endeavour to provide shade for officials, participants and spectators and/or encourage people to bring their own hats, umbrellas, and shade tents.
- Member clubs should be encouraged to erect portable gazebos and shade tents as required, especially to provide shade and sun protection for Team Officials, Interchange, Replacement, or Substitute players on each Team Bench in the Technical Area of the match.
- Promote the use of the following sun protection items by officials and participants where possible:
  - Clothing that covers as much skin as possible, including shirts/tops with a longer sleeve and a collar, and long shorts.
  - Hats that shade the face, head, neck, and ears, such as wide-brimmed, bucket or legionnaire-style hats (baseball caps do not provide adequate sun protection).
  - Wrap-around sunglasses that are close fitting and meet the Australian Standard 1067 (2003) which provide a 100% UV filtering.
  - Sunscreen that has a Sun Protection Factor (SPF) 50+, broad spectrum and water-resistant which is reapplied at least every two hour.
- The Zone Association and its Member clubs where possible should strive to conform to the Cancer Council guidelines for Sun Safe clothing when selecting uniforms.
- The Zone Association and its Members should consider the reflective properties of light-coloured clothing and the absorptive properties of dark coloured clothing when choosing uniforms.
- The Zone Association and its Member clubs where possible should endeavour to provide in their canteens, either for sale or to be available at no cost, broad spectrum 50+ sunscreen or zinc cream.
- Officials, players (where practical and does not infringe the FIFA's Laws of the Game), supporters and spectators should be encouraged to wear a hat (not baseball caps) that protects the face, ears, neck, shoulders, and crown of head, whilst participating in football activities
- Officials, players (where practical), supporters and spectators should be encouraged to wear long sleeved shirts with collars.
- The Zone Association Member clubs should endeavour to promote sun safety in a positive way, through newsletters, written literature, social media and by means of the public address system.

- The Zone Association and Member clubs should ensure that coaches, managers, trainers, officials and members in committee positions, act as strong role models, making full use of all means of sun protection available and practicable.
- The Zone Associations and Member clubs will endeavour to constantly revise and upgrade sun protection measures.
- The Zone Associations and Member clubs should endeavour to act in a “sun safe” manner when organizing local or regional events or activities.

## **2.2 Registration Information**

When registering Team Officials and players, the Zone Associations and Member clubs should endeavour to:

- Providing to Team Officials, players information and resources (written and online) about the Zone Associations Sun Safety Policy and the Member club’s effort to have an impact on reducing skin cancer.
- Encourage Team Officials and players and to wear 50+ broad spectrum sunscreen.
- Encourage Team Officials and players and Team Officials to practice sun protective behaviour.
- Encourage Team Officials and players to wear sunglasses which filter 100% of UV radiation when off the field.

## **2.3 Increasing Awareness Of Sun Safety**

Communicating the Sun Safety policy and the importance of sun protection is critical to ensuring that this Zone Association’s policy is implemented.

The Zone Associations and Member clubs need to regularly promote sun protection information to officials, participants, and spectators through:

- ✓ Member club briefings,
  - ✓ newsletters,
  - ✓ notice boards,
  - ✓ online communications (emails, website, and social media)
  - ✓ registration, and
  - ✓ PA ground announcements at sporting venues on match day.
- Adding the [SunSmart Widget](#) to Member clubs’ website.
  - Inform all individuals about the Zone Association’s and Member club’s Sun Safety Policy when they apply for membership.
  - The Zone Associations and Member clubs can help to protect adults and children from UV radiation and teach children good sun protection habits from an early age to reduce their risk.

## **2.4 UV 3 Or Above - Sun Protection Is Needed**

When UV levels will reach 3 or above, at these levels, sun protection is recommended for all skin types.

Whilst UV levels are particularly high during the summer months, and highest in the middle of the day, in NSW, UV levels are high enough (UV 3 or above) to damage unprotected skin most months of the year.

This means even in winter sun protection is still important.

For times UV levels will reach 3 or above a forecast for the time-of-day can be accessed via the [SunSmart App](#), Cancer Council Australia's home page or the Bureau of Meteorology's weather App to determine sun protection requirements.

### **3. HOW TO IMPROVE YOUR SUN PROTECTION BEHAVIOURS**

- 3.1** Complete the Cancer Council's:10-Step Sun Protection Checklist for Sporting Organisations (*see the link is in RESOURCES*) to see whether or not you are implementing best practice sun protection in your Member club.

Based on the answers to the checklist, make a list of the adjustments that your Member club would like to implement for each sun protection recommendation.

Keeping in mind your budget, develop a plan and timeframe to achieve your recommendations for change (for example, 'we need a more sun protective shelters by the start of the next season').

- 3.2** Think about any matters of concern or potential opposition that may arise from players, Team Officials and Club Officials and how you will overcome these.
- 3.3** Encourage senior players, Team Officials, and club officials to be a visible role model of sun protective behaviour to influence participants in the junior teams.
- 3.4** Ensure that sun protection is incorporated in the planning of all matches, training, gala days, clinics, presentation days, etc.
- 3.5** Monitor and review your progress.

A sun protection policy is one of the best ways to ensure the Zone Associations and its Member clubs are reducing the skin cancer risk for their communities.

By developing and implementing a best-practice sun protection policy, the Zone Associations and its Members will support our communities to improve their own sun protection behaviours and reduce their risk of skin cancer.

The Joint Zones Associations will regularly review the sun safety policy to ensure that the policy remains relevant and current.

This policy should be used in conjunction with the Joint Zones Associations Hot Weather and Heat Stress Policy.

### **REFERENCES:**

Cancer Council NSW: [sun protection policy](#) (PDF,124KB)

Northern NSW Football: Sun Protection Policy

Football NSW: Sun Safety Policy

Queensland Government: [Rules, Regulations and Rights](#)

## RESOURCES:

Cancer Council NSW: [Sun Protection](#)

Cancer Council: [About Sun Protection SFP 50+ Sunscreen](#)

Cancer Council: [Sample Newsletter Content](#)

Cancer Council: [10-step sun protection checklist for sporting organisations](#)

## APPENDIX 1

### PROTECT YOURSELF IN FIVE (5) WAYS FROM SKIN CANCER

*(Follow the links to the Cancer Council NSW for each point)*

#### SLIP

Clothing is a physical barrier between your skin and [UV radiation](#).

It is one of the easiest and most effective ways to protect your skin from the sun; unlike sunscreen, it can't be wiped or washed off!

#### SLOP

UV radiation is responsible for more than 95% of all [skin cancers](#) in Australia. Sunscreen reduces the amount of UV radiation reaching your skin by providing a barrier to absorb or filter UV rays away from your skin, preventing damage to the cells below.

Therefore, when we protect our skin by applying sunscreen correctly, we reduce our risk of skin cancer.

Cancer Council recommends sunscreen use whenever the UV is 3 or above.

#### SLAP

A sun smart hat is a simple, effective way to protect your face, head, neck, and ears from UV radiation.

Your face is exposed to the damaging effects of UV radiation every day.

The ears, temples, lips, and nose are among the most common parts of the body for skin cancers to develop.

#### SEEK

The major cause of skin cancer is exposure to UV radiation from the sun.

With good protection against UV radiation, most cases of skin cancer can be prevented.

Shade is one of the easiest ways to protect against UV radiation.

Good-quality shade can reduce UV exposure by up to 75%.

The provision of shade is also an important component in the design and creation of safe and healthy communities.

#### SLIDE

We recommend wearing close-fitting wraparound sunglasses and a [sun smart hat](#) to provide the best protection for your eyes from UV radiation.

UV radiation can cause short-term eye problems; for example, excessive blinking, swelling, and difficulty looking at strong light. Over time, exposure to UV can cause serious or permanent eye damage.