



**KANGAROOS**  
BROTHERS AUSTRALIAN FOOTBALL CLUB Inc.  
PO Box 536  
Rockhampton Qld 4700  
PREMIERS A GRADE 1984, 1986, 1987, 1995, 2005, 2010  
RESERVE GRADE 1982, 1995, 2010  
*"The most affordable sport in Capricornia"*



## SUN SAFE POLICY

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# Kangaroos Brothers AFC, Rockhampton

ADOPTED: 14 April 2019

### 1. PURPOSE

The following policy is in place to help Brothers Australian Football Club minimise the risks of overexposure to UV for each child, adult and visitor. It outlines the range of activities and measures in place support the Club's strategies to meet its duty of care and occupational health and safety obligations and contribute to increased sun safe knowledge and the positive health and wellbeing of all members and spectators.

### 2. RATIONALE

The sun's ultraviolet (UV) radiation is the main cause of skin cancer. UV damage also causes sunburn, tanning, premature ageing and eye damage. 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. Sunburn and other UV damage is common when people are engaged in outdoor activities and exposed to the sun's UV radiation within 10 minutes, with those exposed for long periods of time at greater risk. Less exposure to sunlight in childhood is important in the prevention of skin cancer later in life. Conversely, 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.

Kangaroos Brothers AFC is committed to providing an environment and activities that are sun safe. Structural change, such as increased shade and policies that stipulate the wearing of hats, will help shift the emphasis from individual behaviour change to the provision of supportive community environments. Accordingly, the following measures (as outlined in Sections 3.2 and 3.3) will be implemented:

### 3. SUN SAFETY

#### 3.1 Sun protection times

- The sun protection times from the Bureau of Meteorology forecast the time of day UV levels are due to reach 3 or higher. At these levels, sun protection is recommended for all skin types. In Rockhampton, UV levels regularly reach high or very high levels all year round.
- To stay well protected, a combination of sun protection measures is needed during the daily local sun protection times.
- To assist with the implementation of this policy, members are encouraged to access the daily local sun protection times at [sunsmart.com.au](https://sunsmart.com.au), on the free SunSmart app or SunSmart widget (on the club website – <https://brothersafc.com>) and in the newspaper's weather section.

### 3.2 Outdoor events and activities modifications (including cancellation)

- Where possible, outdoor events and activities are scheduled to minimise overexposure to UV and heat.
- Outdoor events or activities are cancelled when high risk conditions are forecast.

Where it is not possible to reschedule or cancel events and activities, the following steps are taken to minimise the risk of overexposure to UV and heat illness:

- The duration of the outdoor activity is reduced.
- Activities start earlier in the morning or later in the evening.
- Water is provided.
- Shade is provided or the activity is held at an alternative, indoor venue, where possible.
- Coaches, Committee Members and adult members act as role models by wearing sun-protective clothing and hats, applying sunscreen and seeking shade wherever possible.
- Coaches and support staff integrate sun safe conversations into training programs and during game day activities to build positive independent habits across the full range of ages.
- Reminders to 'Slip, Slop, Slap and Slide' are made visible on posters in change rooms, Game Day publications and on social media/club website.

### 3.3 Sun protection measures (for during sun protection times)

#### Clothing

- Club shirts are made from UPF 50+ fabric and have sleeves and a collar.
- Training tops offered for purchase are loose-fitting and lightweight.
- Where the uniform does not provide adequate sun protection, participants are reminded to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen to all exposed skin.

#### Sunscreen

- SPF30 (or higher) broad-spectrum, water-resistant sunscreen is promoted and freely provided to players and supporters.
- Players and spectators are encouraged to apply sunscreen 20 minutes before going outside and to re-apply every two hours or immediately after sweating, showering or toweling dry.
- Sunscreen is stored below 30°C and replaced once it has passed the use-by-date.
- Participants are encouraged to apply a generous amount of sunscreen (the equivalent of one teaspoon per limb).
- The first-aid kit includes a supply of SPF30 (or higher) broad-spectrum, water-resistant sunscreen.

#### Hats

- For spectators, wide-brimmed or bucket style hats are promoted as the best protection from the sun
- For players, when they are not in active play, are encouraged to wear appropriate protective headwear

#### Shade

- An assessment of existing shade has been conducted at our venue, with increasing the quality and quantity of available shade a key point of the club's strategic planning.
- When not active outside, players are able to rest in shaded areas (e.g. players' shelters).
- Where there is insufficient natural or built shade, temporary shade structures are provided or participants are notified to bring their own temporary shade (e.g. tents or umbrellas).
- Shade from buildings, trees and other structures is used where possible
- Presentation ceremony areas are protected by shade.
- The schedule allows for participants in outdoor activities to rotate to cooler, shaded areas.

### Sunglasses

- Members and other spectators are advised to wear sunglasses that meet the Australian standard (ASNZS 1067:2016).

### Education and information

- The times when sun protection is required (as determined by daily sun protection times) are communicated to players and spectators.

## 4. SPONSORSHIP

Our club will seek to use sponsors who promote sun safe practices.

## 5. POLICY PROMOTION AND IMPLEMENTATION

- A current copy of our club's Sun Safe policy will be available to all members on the website and in the canteen.
- Anyone wishing to discuss this policy can contact a member of the committee.
- Breaches of the policy will be addressed by the club committee.
- This policy will be reviewed annually.

### SIGNATURES:

Signed:



Club President

Date:

14 April 2023

Signed:



Club Secretary

Date:

14 April 2023

Next policy review date is **1 December 2023**.

### Other relevant documents and links

- **Heat and UV Guide:** [sunsmart.com.au/downloads/communities/sports-clubs/uv-exposure-heat-illness-guide.pdf](https://sunsmart.com.au/downloads/communities/sports-clubs/uv-exposure-heat-illness-guide.pdf)
- **Shade audit:** [sunsmart.com.au/shade-audit/](https://sunsmart.com.au/shade-audit/)
- **Australian Government Therapeutics Goods Administration (TGA) – Australian regulatory guidelines for sunscreens:** [4. Labelling and advertising – directions for use of the product](#)
- ARPANSA Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation (2006)
- **Safe Work Australia:** [Guidance Note – Sun protection for outdoor workers](#) (2016)
- Cancer Council, Rockhampton: 49 328 600

### ENQUIRIES REGARDING OUR POLICY:

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