



BARWON SOCCER CLUB
SUN PROTECTION POLICY

PURPOSE

The Barwon Soccer Club is committed to providing a safe and healthy environment. All members of the Club have a responsibility to ensure that they take reasonable care to protect their own health and safety. People often experience sunburn and skin damage when playing or watching sport due to extended periods exposed to high levels of UV without appropriate sun protection.

POLICY

The Club will:

- Encourage the club community to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- Educate our club community to be responsible for their own sun protection
- Work towards a safe club environment that makes every reasonable effort to provide shade for players, coaches and the club community at appropriate times

PROCEDURES

- Where possible, training, events and competitions are scheduled to minimise exposure to UV and heat
- Cancellation of training, events or competition occurs according to the rules of Football Victoria when high risk conditions are forecast
- SPF 30+ broad spectrum, water resistant sunscreen is promoted and/or provided to all members and visitors
- Tops should be loose fitting and lightweight. Where the uniform or training clothing does not provide adequate sun protection, participants are reminded to apply SPF 30+ sunscreen to all exposed skin
- Players must have a water bottle to rehydrate. Coaches and parents are encouraged to assist the club community to ensure there are excellent hydration practices

President	Colin Drain	Sign:
Secretary	Rachael Marshall	Sign: