

## Sun Smart Policy Guidelines

### Rationale

Queensland has the highest rate of skin care in the world. Of all new cancers diagnosed in Australia each year, 80 per cent are skin cancers. Given sporting events often take place during peak ultraviolet radiation (UVR) times throughout the day, sporting bodies play a major role in both minimising UVR exposure and providing an environment where policies and procedures can positively influence long-term SunSmart behaviour.

Skin-damage, including skin cancer, is the result of cumulative exposure to the sun. Research shows severe sunburn contributes to skin cancer and other forms of skin damage such as sunspots, blemishes and premature ageing. Most skin damage and skin cancer is therefore preventable.

Tennis Townsville Inc recognises the need to protect out players, organisers, administrators, coaches and spectators (referred to as tennis participants) from the sun and educate them about SunSmart behaviour, with the objective of reducing the risk of skin damage from overexposure to the sun.

### Objectives

The objective of the policy is to:

- ▶ Provide ongoing education that promotes personal responsibility for skin cancer prevention and early detection;
- ▶ Provide sporting environment that supports SunSmart practices; and
- ▶ Create an awareness of the need to reschedule events, where possible, to support SunSmart practices.

### Commitment

Tennis Townsville will:

- ▶ Inform individuals about the Tennis Townsville SunSmart policy through the website, notice boards and other information kits;
- ▶ Provide SPF 30+, water resistant sunscreen for all tennis participants;
- ▶ Follow The Cancer Council Queensland guidelines for Sunsmart clothing when choosing and designing uniforms, where possible.
- ▶ Where possible, hold training sessions and competitions at times and venues that provide adequate shade for participants;
- ▶ Provide suitable shade structure for events wherever possible.
- ▶ Promote SunSmart behaviour through posters and information brochures.
- ▶ Provide ongoing education about skin cancer prevention and early detection;
- ▶ Encourage all coaches, trainers and adult members to act as positive role models for younger members in all aspects of SunSmart behaviour by:
  - Wearing appropriate hats and clothing for all outdoor activities;
  - Using SPF 30+ broad spectrum, water resistant sunscreen;
  - Seek shade whenever possible;
  - Wearing sunglasses that meets the Australian Standard (AS/NZS 1067:2003);
- ▶ Provide sunscreen free and hats to players who have not applied sunscreen and do not have a hat.

## **Tennis Townsville Expectations**

Tennis Participants will:

- ▶ Be aware of the Tennis Townsville's SunSmart policy;
- ▶ Take responsibility for their own health and safety by being SunSmart;
- ▶ Comply with SunSmart guidelines by wearing sunscreen 20 minutes before going outdoors;
- ▶ Use shaded or covered areas where possible.
- ▶ Help to design and regularly update the SunSmart policy; and
- ▶ Act as positive role models for other tennis participants in all aspect of SunSmart behaviour.