



Templeton Cricket Club Inc.

Founded 1983



Affiliated with Ringwood & District Cricket Association

TCC Sun Protection Policy

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 Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April.
- A combination of sun protection measures are needed during the daily local sun protection times.
- To assist with the implementation of this policy, Templeton Cricket Club officials, coaches, captains, team managers and participants will access the daily local sun protection times at sunsmart.com.au, on the free SunSmart app and in the weather section of the newspaper.

Schedules, fixtures and rule modifications (including a cancellation policy)

- 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 Templeton Cricket Club & the Ringwood District Cricket Association) when high risk conditions are forecast.

Where it is not possible to avoid peak UV and heat periods, the following interim steps are taken to minimise the risk of overexposure to UV and heat illness:

- Warm-up activities are limited in duration and intensity.
- The duration of the activity is reduced.
- Activities start earlier in the morning or later in the evening.
- Rest breaks and opportunities to seek shade and rehydrate are increased.
- Officials rotate out of the sun more frequently than usual.
- Player interchange and substitution is used more frequently than usual.
- Activity is held at an alternative venue (e.g. training at a pool)
- Templeton Cricket Club officials, coaches, captains, team managers and senior members act as role models by wearing sun-protective clothing and hats, applying sunscreen and seeking shade wherever possible.

Sun protection measures

1. Clothing

- Sun-protective clothing is included as part of on and off-field uniform and uniform for officials and volunteers.
- Templeton Cricket Club apparel are made from UPF (UV protection factor) 50+ material and have a long sleeve option to purchase.
- Tops/jerseys are loose-fitting and lightweight.

2. Sunscreen

- Templeton Cricket Club provide SPF30 (or higher) broad-spectrum, water- resistant sunscreen which is promoted & provided to all Senior & Junior sides within each side first aid kit.
- Participants are encouraged to apply sunscreen 20 minutes before training or playing and to reapply every two hours or immediately after sweating, swimming or towelling dry.
- Sunscreen is stored below 30°C and replaced once it is past the use-by date.
- Participants are encouraged to apply a generous amount of sunscreen (the equivalent of one teaspoon per limb).

3. Hats

- Wide-brimmed or bucket hats are included as part of the on and off-field uniform (even if they can't be worn in actual play).
- Caps and visors do not provide adequate sun protection to the face, ears and neck and are not recommended for extended sun protection but may be used, in combination with sunscreen on parts of skin not covered, as an interim measure for on-field play or training.

4. Shade

- An assessment of existing shade has been conducted at commonly used outdoor venues.
- When not actively playing or between individual events, participants are able to rest in shaded areas.
- Where there is insufficient natural or built shade, temporary shade structures are provided, or participants are notified to bring their own temporary shade. NOTE: In the past TCC have applied for sunshades (marquees) through the RDCA & Sun Smart grants which have been knocked back with no explanation. We are currently applying again this season as the Club recognises the lack of shade & sun protection for members & spectators during match play at all 3 of our home grounds.
- Shade from buildings, trees and other structures is used where possible (e.g. for player interchange, marshalling areas, spectator areas).
- Marshalling, interchange and presentation ceremony areas are protected by shade.
- Participants and officials rotate to cooler, shaded areas. 5.

5. Sunglasses

- Participants are advised to wear sunglasses that meet the Australian standard (AS/NZS 1067:2016).

Education and information

- The times when sun protection is required (as determined by SunSmart's daily local sun protection times) are communicated to participants and spectators.

Review

- This SunSmart policy will be reviewed regularly by the Templeton Cricket Club Committee
- This policy was last updated on 19/09/2020
- Next policy review: 19/09/2021