

ST. MARY'S CRICKET CLUB DANDENONG

SUNSMART POLICY



The health of St.Mary's Cricket Club, Dandenong members is a major concern. Members should be aware that Australia has the highest rate of skin cancer in the world, with two out of three people experiencing some form of skin cancer during their lifetime. It is acknowledged that skin cancer is a preventable disease and St.Mary's Cricket Club, Dandenong will implement a preventive strategy including the following actions:

SCHEDULES :

Members are encouraged, where possible, to avoid direct sunlight during the hours of 8.30am and 6:00pm (daylight savings time).

SHADE :

Members are encouraged to maximise the use of natural shade provided from buildings, trees, and other structures.

CLOTHING:

Members are encouraged to wear sun protective clothing as part of our uniform, particularly –

- Playing shirts which have long sleeves and collar
- Wide brimmed or legionnaires hats where practicable
- Sunglasses to protect eyes

SUNSCREENS:

SPF 30+ or higher sunscreens will be available for use for members and will be placed on the Club's Bar. Prior to training or playing in peak UV periods, all players are encouraged to apply sunscreen to exposed body parts.

EDUCATION:

The club will provide ongoing information (via public announcement, newsletters or our Internet Site) to members as it becomes available to actively promote awareness of this major health issue.

Club officials, coaches, managers, parents and captains will all act as suitable SunSmart role models.

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