

# UV exposure and heat illness guidelines

The following guidelines are in place to help provide a safe environment for Wyclif Cricket Club by minimising the risks of overexposure to UV and heat illness.

Strategies relating to UV exposure reflect the varying levels of UV throughout the year and across Victoria.

Wyclif Cricket Club acknowledge that skin cancer and heat illness are largely preventable and we have committed to implementing the following prevention strategies.

These guidelines were last updated on 01/09/2019.

For more information on UV exposure and heat illness visit [sunsmart.com.au](http://sunsmart.com.au) or [smartplay.com.au](http://smartplay.com.au).

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

- Where possible, training, events and competitions are scheduled to minimise exposure to UV levels of three and above, and avoid high temperatures.
- Cancellation of training, events or competition occurs (according to the rules of Cricket Victoria and Box Hill Reporter 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
- Officials, coaches and senior members act as role models by wearing sun-protective clothing and hats, applying sunscreen and seeking shade wherever possible.

## 2. Shade

- The use of shade from buildings, trees and other structures is utilised where possible (e.g. for player interchange, marshalling areas, spectator areas).
- When not actively playing or between individual events, participants are able to rest in shaded areas.
- Marshalling, interchange and presentation ceremony areas are protected by shade.
- Participants and officials rotate to cooler, shaded areas.

### **3. Clothing**

- Sun-protective clothing are available as part of on and off-field uniform and uniform for officials and volunteers.
- Tops/jerseys are made from UPF (UV protection factor) 50+ material and have long sleeves and a collar.
- Tops/jerseys are loose fitting and lightweight.
- Participants are advised to wear wrap around sunglasses that meet the Australian standard (ASNZS 1067:2003).

### **4. Sunscreen**

- SPF 30+ broad spectrum, water resistant sunscreen is promoted and/or provided to participants. People with naturally very dark skin (not a tan or olive skin) may not need to wear sunscreen.
- Sunscreen is stored below 30°C and replaced once it is past the use-by date.
- Participants are encouraged to apply sunscreen 20 minutes before training or playing and to reapply every two hours or immediately after swimming or towelling dry.
- For best protection, participants are encouraged to apply a generous amount of sunscreen (the equivalent of one teaspoon per limb).

### **5. Air flow**

- Air flow is maximised at training and competition venues (e.g. doors and windows are opened or marquee walls removed).
- Spaces with air-conditioning or fans are made available in high risk conditions.

### **6. Hydration**

- All participants (including officials and coaches) are encouraged to bring their own clearly labelled drink bottle.
- Cool water is available to all participants.
- All those involved are aware that they need to be well hydrated before participating in physical activity.
- Flexible drink breaks are provided in hot or humid conditions.
- Individuals are permitted to drink between breaks at their own discretion.

### **7. Education and information**

- Links to SunSmart [sunsmart.com.au](http://sunsmart.com.au) and Smartplay [smartplay.com.au](http://smartplay.com.au) are included on our website.
- Participants are notified at the beginning of September that UV levels will generally be three and above between 10am - 3pm and sun (UV) protection measures need to be implemented.

### **8. First aid**

- The first aid kit includes a supply of SPF 30+ broad spectrum, water resistant sunscreen.
- Trained first aid personnel or sports trainers are present at training and events to manage sunburn and heat illness.
- Contact details of the closest medical assistance are displayed in a prominent location (e.g. first aid room or canteen).

- ⇒ Any participant feeling discomfort or distress is monitored and evaluated by trained safety personnel.
- ⇒ Ice, fans and water spray bottles are available as cooling aids.

#### **9. Individual risk factors**

- ⇒ Age, fitness, skin characteristics, acclimatisation, gender and medical conditions are considered when making decisions.
- ⇒ If in doubt, an individual is advised to see a medical professional for clearance to participate.