



Geelong Underwater Hockey Club Inc










(Inc No. A0054100W)





Policy 3: “Sunsmart” and UV exposure protection

The Geelong Underwater hockey club shall recognise the hazards and dangers of excessive sun exposure, and adapt our rules, methods of play and behavior in order to minimise this risk to our members, spectators and officials.

This aim will be achieved by adopting the following procedures while playing in outdoor venues, or attending social events:

-  Our Club adopts a flexible approach to competition and training sessions to minimise players, spectators and officials to extended periods of exposure to UV and high temperatures
-  Assess outdoor venues for sun protection, and provide temporary shade facilities where deemed necessary. Cancellation of event must be considered during extreme conditions
-  Where temporary facilities cannot practically be provided, assess and advise participating players and officials of sun smart requirements prior to arrival at venue, so they have the opportunity to bring appropriate protection with them
-  The club shall provide access to SPF 30+ broad spectrum, water resistant, pump action sunscreen for all participants, including visiting teams
-  Rest breaks and opportunities to seek shade and rehydration are increased, and rotate officials to positions out of the sun more frequently
-  Officials, coaches and senior members act as role models by wearing sun protective clothing, hats, applying sunscreen and seeking shade wherever possible
-  Marshalling, interchange and presentation ceremony areas are protected by shade
-  Participants without appropriate protective clothing are not permitted to spend extended periods exposed to high UV
-  All participants are encouraged to bring a labeled drink bottle and be well hydrated before participating in physical activity. The club shall ensure drinking water is available at all times

 Club officials should be mindful and monitor all participants during extreme heat conditions for discomfort and distress and have them evaluated by trained first aid personnel

 All cases of heat illness are recorded as part of our incident recording system (see policy 2 “injury prevention and management”) Professional medical clearance is provided before the participant is cleared to play

For more information, refer to the sunsmart web page at:



<http://www.sunsmart.com.au/>