



Magpies Netball Club Inc.

Sun Safety Policy

Magpies Netball Club (MNC) – Mackay Qld

September 2023

Background and Purpose

According to the Cancer Council Queensland our state has one of the highest rates of skin cancer in the world, with the vast majority of skin cancers being caused by over exposure to UV radiation from the sun. As such, most skin damage and skin cancers are preventable. Protecting one's skin from the sun is important at all ages, but sun protection is particularly important during childhood and adolescence.

Given that Netball events typically take place during the day, and a majority of our players are children and adolescents, Magpies Netball Club (MNC) realises the need to protect members (encompassing participants, organisers, officials, coaches and spectators) from sun exposure and to educate them about Sun Smart behaviour.

The aim of this policy is to:

- Provide education to members about skin cancer prevention and promote the importance of sun safety.
- Provide procedures and guidelines which detail how Netball events may be conducted in a Sun Safe manner.
- Provide links to access further resources from the Cancer Council Qld and Netball Queensland.

Procedures and Commitments

- Inform members of MNC's Sun Safety Policy when they apply for membership, and make this document available on the MNC website.
- Recognise that sun protection is required all year round in Queensland. Refer to the Cancer Council's resource "Think UV not heat" (<https://cancerqld.blob.core.windows.net/resources/quest/Think%20UV%20not%20heat.pdf>)
- Favour the scheduling of outdoor events, competitions and training outside of peak UV times (10am to 2pm) when possible. While the scheduling of Mackay Netball Association (MNA) fixtures is largely out of MNC's hands, events such as season openers and breakups can be scheduled late afternoon/early evening. For individual team training the strong preference is for late afternoon or evening sessions.



- As an alternative to the above scheduling, maintain MNC's current practice of holding training and development sessions at covered venues, such as school halls and covered courts.
- Provide suitable shade for events and competitions (eg. Carnivals). For carnivals held at MNA grounds or elsewhere in Mackay the large MNC branded marquees can be erected to provide shade for members, as is the current practice. For out-of-town events a number of portable (3x3m) marquees can be taken depending on the number of teams attending.
- Encourage spectators to provide their own shade. Continue to offer the MNC branded large umbrellas for purchase and encourage our members to buy one.
- Take into consideration Cancer Council Queensland guidelines for Sun Smart clothing when choosing and designing uniforms. For example, favour long sleeves on supporter's and official's uniforms.
- Encourage all members to wear sun-safe hats, and particularly encourage players to wear these before and after games.
- Given that some sun exposure is unavoidable for netball players, recognise the vital role of sunscreen in protecting exposed skin.
 - Promote the application of sunscreen (at least SPF 30+) at least 20 minutes before going outdoors, and reapplication every 2 hours.
 - Encourage Coaches and/or team Managers to send out a sun safe reminder on the morning of games for parents or players (via messenger groups or social media).
 - Advise players who need to access sunscreen that it is available outside the MNA fixtures office and canteen.

Further Resources

Additional resources and information about sun safety can be found at the Cancer Council Queensland's website at <https://cancerqld.org.au>

The Netball Queensland Sun Safe Policy may also be used in conjunction with this policy and is found at <https://qld.netball.com.au/sites/qld/files/2021-05/05-004%20Sun%20Safe%20Policy.pdf>