



MELBOURNE CRICKET CLUB HOCKEY SECTION INC

Sun Smart Policy

The following policy is in place to help MCC Hockey minimise the risks of overexposure to UV.

The club will:

- encourage participants and officials to wear sun-protective clothing that covers as much skin as possible
- promote the use of SPF30 (or higher) broad-spectrum, water-resistant sunscreen
- promote use of the sun protection times by adding the SunSmart widget onto the club website and encouraging use of the free SunSmart app
 - 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.
- schedule training times, competitions and outdoor events outside the daily sun protection times when possible – especially those scheduled for the middle of the day (when UV is strongest)
 - cancellation of training, events or competition occurs according to the rules of Hockey Victoria when high risk conditions are forecast.
- promote sun protection habits/practices during the course of all games, training sessions and events
- plan and provide shade at training and events, and encourage players and spectators to take advantage of shade from buildings and trees
- encourage players and spectators to come to events with sunscreen, clothing, shade, hats and sunglasses
- encourage club leaders, coaches and club officials to be sun protection role models.

This policy will be reviewed every 2 years.

Date of Policy – March 2021