



Goodwood Baseball Club
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GOODWOOD BASEBALL CLUB SUN PROTECTION POLICY

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. Damage to the skin begins in infancy and sun exposure during the first 20 years of life, sets the scene. It is acknowledged that skin cancer is a preventable disease and that the Goodwood Baseball Club will implement a preventative strategy including the following actions. The health of our Club members is of primary concern to the Goodwood Baseball Club and this policy is for implementation throughout the season by all Coaches, Players, Officials and Supporters.

The purpose of the policy is to ensure that all people attending the Goodwood Baseball Club are supported in practical ways to protect themselves from skin damage caused by the harmful ultraviolet rays of the sun.

Schedules

- Where possible, outdoor events and training times will be scheduled outside the hours of 11am and 3pm (daylight savings time).

Shade

- The Club will maximise the use of natural shade provided from buildings, trees, and other structures. Where natural shade does not exist, the Club will attempt to provide portable shade structures for use by officials, spectators and players.
- The Club will maintain, upgrade and endeavor to increase the number of sheltered and shaded areas.
- Individuals will be encouraged to bring their own shade structures to Club events.

Clothing

- The Club will encourage participants and officials to wear sun protective clothing as part of the uniform during games and training sessions. This will include:
 - Shirts or playing tops.
 - Caps, wide brimmed or legionnaires hats whenever practical.
 - Sunglasses to protect the eyes.

Sunscreen

- The Club will promote SPF 15+ or higher sunscreen.
- Prior to training or playing in peak UV periods, and again every 2 hours, players and participants will be encouraged to apply sunscreen to exposed body parts.

Role Models

- Coaches, Officials and Coordinators will be positive role models who practice skin protection behaviors.
- They will be encouraged to wear hats and appropriate clothing for all outdoor activities.
- They will be encouraged to use and direct players to shaded areas in all possible instances.

Parents will be:

- Informed of the Club Sun Protection Policy.
- Encouraged to provide SPF 15+ or higher sunscreen for their child's use.
- Encouraged to practice skin protection behaviour themselves as positive role models for their children to reinforce the Sun Protection Policy to their children.

This Sun Protection Policy will be reviewed annually to ensure that the document remains current and practical to the Club's requirements.
