

G (ix) POLICY- SUN PROTECTION



**BELMONT
SERVICES
BOWLS
CLUB**

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POLICY- SUN PROTECTION

This Policy is to be

- prominently displayed on the Club Notice Board; and,
- brought to the notice of members regularly.

Part 1 Introduction

1) Purpose

- a) Belmont Services Bowls Club is committed to the health, safety, and well-being of all members, players, officials, volunteers, and visitors.
- b) This policy aims to help reduce the risk of skin cancer and heat-related illness by ensuring everyone on our greens and premises is protected from harmful Ultraviolet (UV) radiation.
- c) This policy applies to all club activities, including social play, pennant matches, social roll-ups, competitions, coaching sessions, and volunteer work.

Part 2 Club Policy

2) Sun Protection Measures

- a) Our club enforces sun protection whenever the UV Index reaches 4 or above.

Note: In most parts of Queensland this occurs all year round or during peak daylight hours from September to April.

- b) Shade Infrastructure:
 - i) Greenside Shade: The club will maintain permanent shelters and seating structures at the ends of the greens where players can rest out of direct sunlight.
 - ii) Clubhouse Access: Members and visitors are actively encouraged to use indoor clubhouse facilities or covered verandahs during prolonged breaks, morning tea, or lunch intervals.
- c) Sun-Safe Uniforms & Apparel:
 - i) Shirts: All approved club pennant and social uniforms must feature lightweight, breathable, and tight-weave fabric. Shirts must include a collar and ideally elbow-length or long sleeves.
 - ii) Trousers/Shorts: Loose-fitting, lightweight trousers, pedallers, or longer-length shorts are highly recommended to maximize skin coverage.
- d) Headwear:
 - i) Approved Hats: All players, markers, and umpires are strongly encouraged to wear wide-brimmed (minimum 6cm brim), bucket, or legionnaire-style hats.
 - ii) Restricted Headwear: Standard baseball caps and visors are discouraged for on-green play as they do not provide adequate protection for the ears, cheeks, and neck.
- e) Sunscreen Availability & Use:
 - i) Provision: The club will supply free SPF 50+ broad-spectrum, water-resistant sunscreen. This will be prominently displayed and accessible at the clubhouse entry desk, bar area, and changing rooms.

- ii) Application: Individuals must apply sunscreen at least 20 minutes before stepping onto the green and reapply every two hours, or more frequently, if perspiring heavily.
- f) Eye Protection:
 - i) Sunglasses: The club highly recommends wearing close-fitting, wrap-around sunglasses that comply with the Australian Standard AS1067 (Lens Category 2, 3, or 4) to protect eyes against UV damage and green glare.

3) Scheduling, Hydration & Extreme Weather

- a) Hydration: Free, chilled drinking water will always be available at the clubhouse. Players are expected to bring water bottles to the greenside during play to prevent dehydration.
- b) Extreme Heat Protocol: The club will strictly monitor local weather conditions. Play will be suspended, delayed, or cancelled in accordance with the Extreme Weather Policy when conditions pose an immediate health risk.

4) Committee and Leadership Responsibilities

- a) Role Models: Club coaches, umpires, committee members, and senior players are encouraged to act as positive role models by adopting and promoting these sun-safe practices.
- b) Policy Awareness: This policy will be clearly displayed on the club noticeboard, highlighted on the club website/social media pages, and introduced to all new members upon registration.

Part 3 Administrative Details

First issued:

Current Version: 01

Approved/Issued:

Review: as required, but no later than 2028 to ensure that this policy remains aligned with Cancer Council recommendations.