

Useful References

info@dssr.wa.gov.au

www.dssr.wa.gov.au—
Clubs—Filing cabinet—
Sample Sportsafe Policy

www.cancerwa.asn.au/prevention/sunsmart/

'When you're young you think you're invincible and nothing can touch you' -

City of Armadale
Leisure Services
Locked Bag 2
Armadale WA 6992

Club Development Officer
9399 0407

www.armadale.wa.gov.au

SunSafe

Australia has the highest rate of [skin cancer](#) in the world.

Every year over 430,000 Australians are diagnosed with skin cancer and 1,600 people will die from the disease.

Protection of your members is paramount; not only the summer sports but others also. Promote the Sun Safe message and help educate juniors and seniors about the dangers of sun exposure.

Increase the amount of permanent and portable shade at your club.

Reschedule as many of your events as possible to avoid the peak UV period of 10am to 3pm.

Provide/sell or make available sunscreen to members and participants.

Introduce wide brimmed hats as an additional choice for members and participants.

Provide plenty of water for your players.

Remember the 'no hat, no play' and 'Slip, Slop, Slap and Wrap' messages.

Handy Hints

Do not assume that SunSafe is a summer sport concern only. Winter sports participants are exposed to some extreme heat early season and considerable sun throughout the season.

The nature of most winter sports is often far more exertive than many summer sports which leads to considerable fluid loss.