



SUNSMART POLICY

Purpose

The health of association/club members is of primary concern for the Darwin Netball Association. 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.

It is acknowledged that skin cancer is a preventable disease and that members should ensure that a personal preventative strategy is implemented.

What we will do

- Where possible, outdoor events and training times will be scheduled outside the hours of 11am and 3pm (daylight savings time).
- Shortening the length of the match or extending the time allowed for $\frac{1}{4}$, $\frac{1}{2}$ & $\frac{3}{4}$ breaks may be appropriate.
- In conditions of high risk participants should be provided opportunities to rest through the use of player interchange or substitution.
- The association/club will maximise the use of natural shade provided from buildings, trees and other structures.
- Where natural shade does not exist, the association/club will endeavour to provide portable shade structures for use by officials, spectators and players.
- Players who are representing the Darwin Netball Association will be supplied with sunscreen.

What we ask you to do

- Individuals will also be encouraged to bring their own shade structures to association/club events.
- SPF 15+ or higher sunscreens will be promoted.
- Prior to training or playing in peak UV periods, players and participants to apply sunscreen to exposed body parts.