

Tarneit North Football Club Football Victoria (FV) Sun Safety Policy



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TARNEIT NORTH FOOTBALL CLUB

Football Victoria (FV) Sun Safety Policy

1. Purpose

Tarneit North Football Club is committed to protecting all participants from the harmful effects of sun exposure. This policy aligns with Football Victoria (FV) guidelines to promote safe participation in outdoor football activities.

2. Policy Statement

Exposure to ultraviolet (UV) radiation can cause serious health risks, including skin damage and long-term illness. The club promotes sun safety practices to minimise risk and ensure participant wellbeing.

3. Sun Safety Awareness

All members should be aware that:

- UV radiation can be harmful even on cloudy days
- Prolonged exposure increases the risk of skin damage
- Protection is required whenever UV levels are moderate to high

4. Protective Measures

All participants are encouraged to:

- Apply SPF 30+ (or higher) sunscreen before activities
- Reapply sunscreen regularly, especially during long sessions
- Wear appropriate clothing such as hats and sunglasses when not playing
- Use shade where available during breaks

5. Scheduling & Environment

The club will:

- Schedule activities outside peak UV times where possible
- Provide access to shaded areas for players and spectators
- Encourage regular breaks during hot and sunny conditions

6. Player Responsibilities

Players must:

- Take responsibility for their own sun protection
- Bring sunscreen and protective items where possible
- Follow guidance from coaches and officials

7. Responsibilities of Coaches & Officials

Coaches and officials must:

- Promote sun safety practices
- Encourage hydration and rest breaks
- Monitor conditions and adjust activities when necessary

8. Education & Awareness

The club promotes:

- Awareness of sun safety practices
- Education on the risks of UV exposure
- A culture of health and wellbeing

9. Compliance

All members must comply with:

- Football Victoria (FV) guidelines
- Football Australia (FA) recommendations
- Tarneit North Football Club policies

10. Commitment

Tarneit North Football Club is committed to protecting all participants from sun-related risks and ensuring a safe and healthy sporting environment.