



## Sun Protection

SDTA and its members recognise that exposure to ultraviolet radiation (UVR) has negative health effects and that skin cancer can be prevented.

The object of this policy is to outline the strategies to be adopted to assist in protecting individuals from exposure to harmful UVR.

This policy applies to all participants, officials, members and visitors of SDTA (including players, coaching staff, referees and other team officials).

Wherever possible competition and training shall be scheduled outside the hours of 10.00 am and 3.00 pm when UVR is at its peak.

SDTA and its affiliates will maximize the use of natural shade provided by trees and buildings. Where possible, portable shade will be provided at all event venues where natural shade is not available.

Where appropriate, participants will be encouraged to bring their own shade structures to competitions, training and other such activities.

Where appropriate, SDTA & member officials (including coaches, referees and staff) will act as role models and shall promote the wearing of sun protective clothing: shirts with long sleeves and a collar made of a close knit fabric with UPH rating of 25-50, wide brimmed or legionnaire hats and sunglasses.

Participants will be encouraged to take umbrellas, drink bottles and sunscreen to events. Soft peak hats and adequately secured close-fitting sunglasses may be worn during competition.

SPF 15+ or higher sunscreen will be promoted and made available by SDTA.

