
Lara Tennis Club

Sun Smart Policy

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DOCUMENT CONTROL

The document control section contains information regarding the updates made to this document. All changes to the document must be registered in the table below

Note that the Version column indicates the release/version of the document.

<i>Version</i>	<i>Author</i>	<i>Date</i>	<i>Description</i>
1.0	Peter Skurrie	August 2001	Initial version

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1. Rationale

Australia has the highest rate of skin cancer in the world, with two out of three Australians developing some form of skin cancer in their lifetime.

Skin damage, such as sunspots, blemishes, premature aging and skin cancer, is the result of cumulative exposure to the sun. Research shows that severe sunburn contributes to this. Most skin damage and skin cancer is therefore preventable.

The Sun Smart Policy is designed to teach sporting participants about their skin and ways in which to protect it from the sun to help prevent skin cancer. As Juniors, Junior Development, Seniors and Intra-Lara are participating in tennis activities when ultraviolet radiation levels are at their highest – between 10:30am and 2:30pm – the Lara Tennis Club will encourage all members and visitors to use effective skin protection measures.

Accordingly, the Lara Tennis Club has developed the following policy to apply to all Club functions and activities from September 1, 2001.

2. Aims

- ❑ Provide on-going education and promote personal responsibility for skin cancer prevention and early detection.

- ❑ Promote positive attitudes towards skin protection.

- ❑ Provide an SPF15+ or higher broad spectrum sunscreen for members and make it available for use of participants and spectators.

- ❑ Junior and Intra-Lara members and visitors will be encouraged to use available areas of shade when not participating in a game of tennis.

- ❑ Junior and Intra-Lara members and visitors will be encouraged to wear hats and sunscreen when playing tennis.

- ❑ Encourage senior members, committee members, team captains, parents, and those in prominent positions, to be SunSmart role models.

- ❑ Use SunSmart guidelines when choosing, designing or redesigning of clubs uniforms/accessories.

3. Environment

- Schedule practise for Juniors and Intra-Lara before 10:30am and after 3:00pm whenever possible.

- Organise ample shade for all competition, practise and functions wherever possible.

- Work towards increasing the number of shelters and trees so as to provide adequate shade. If these areas are not adequate, we will seek to work with the relevant authorities and community to provide more shade where possible.

4. Promotion / Communication:

- All Lara Tennis Club officials will encourage the above policy on gameday and at club functions.

- Advise members about the SunSmart Policy at registration/renewal and encourage them to comply with it.

- Signage to be placed in prominent positions around the playing area and inside the clubrooms to assist in the reinforcement of this policy.

- Regularly reinforce the SunSmart behaviour in a positive way through the monthly club newsletter and meetings.

5. Review:

- The policy will be reviewed annually in consultation with SunSmart.

- Review the SunSmart behaviour of members and visitors and make recommendations for improvement.

- Asses shade provision and usage and make recommendations for increases/improvements in shade provision.

- Upgrade and promote material relevant to SunSmart activities.