



Policy & Procedure:
WDNA 58

Representative Teams
SunSmart

Issued:

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RATIONALE

The health of association and club members is of primary concern for the Waverley District Netball Association (WDNA). 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.

This policy goes hand in hand with the WDNA SunSmart Policy number 24 and applies to all representative team players, coaches, officials and volunteers.

GUIDELINES

WDNA Representative team players and coaches are expected to display appropriate SunSmart behaviours at all times.

The compulsory representative teams training top, which covers players shoulders should be worn by all players to every training session. Coaches are expected to wear the provided WDNA coaches top to each training session.

Players and coaches are expected to apply sunscreen (30+ or higher) 20 minutes prior to any WDNA outdoor activity and reapply as necessary. Complementary sunscreen will be provided at all outdoor training sessions.

All players and coaches are expected to wear hats to all outdoor training sessions held between September and April. Players or coaches who do not wear a hat will not be allowed to participate in any outdoor events in direct sun.

WDNA hats can be purchased through the WDNA website.

Players will be given appropriate time to hydrate throughout all training sessions and games, and are encouraged to make use of any shade available when possible. The association will endeavour to provide adequate shade in the form of portable structures at training and games where possible.

All WDNA members are encouraged to stay properly hydrated throughout the day. It is recommended you drink 200ml water for every 15 minutes of exercise