

MACGREGOR Netball Association



SUN SAFE POLICY

Approved: March-2024

WHY?

For the prevention of: Skin Cancer | Sunburn | Heat | Sun Stroke | Dehydration

SLIP

Slip on clothing that covers as much skin as possible when training and when off the court.

Players are allowed to wear suitable clothing underneath their uniforms such as long sleeve t-shirts (in black or white). More information is available from Clubs.

MacG encourages Clubs to provide light weight long sleeved playing shirts as an option for uniforms.

MacG encourages Coaches and Umpires to wear long sleeved shirts for sun protection.

SLOP

Use a Broad-Spectrum sunscreen with an SPF of 30 or higher (non-greasy for ball handling).

Apply at least 20 minutes before the game and reapply every 2 hours, particularly if sweaty.

Sunscreen (50+) is available from control for use by all players, supporters, and visitors.

SLAP

Soft brimmed hats should be worn by all participants on and off the courts.

Note: hard brimmed caps are not allowed on court during play due to the risk of eye damage. Caps and visors may not provide adequate protection for the head/neck.

SEEK

Wherever possible seek SHADE especially between 10am and 4pm. MacG will provide areas for Clubs to place portable shade when requested.

SLIP

Outdoor courts can reflect high levels of UV light. All umpires/coaches should wear protective UV blocking sunglasses.

SLURP

All participants are encouraged to bring a water bottle to their game.

MacG provides bubblers for drinking water.

Note: Drink 200ml of water with every 15 minutes of activity.

EXTREME HOT WEATHER

Where there is extreme hot weather MacG will alter game durations, or if in the best interest of players – cancel the round. This will be based on discussions with the MacG committee and advice from official government weather associations.

In heat affected weather:

- 6 - 8yrs and 9&10yrs will play 4 x 8-mins
- 11+ will play 4 x 12-mins

