

CLUB ENVIRONMENTAL CONDITIONS POLICY

JUNIOR, YOUTH, AND SENIOR



2023

BROTHERS BULLDOGS AFL

DISCLAIMER

The following policy exists as a practical tool to understand the environmental condition hazards (i.e., weather, sun, humidity) and control measures associated with playing AFL. It is anticipated that this document will support club operations, resource management, and information workflow.

The information provided in this document is for Brothers Bulldogs general information purposes only. The club makes no representations, either express or implied, as to the suitability of this information to a user's particular circumstances. To the full extent permitted by law, Brothers Bulldogs disclaims all responsibility and liability (including without limitation, liability in negligence) for all expenses, losses, damages, and costs arising from the use or adaptation of, or reliance on, this information.

All information is provided in good faith and is checked for reliability and accuracy in conjunction with the policies and procedures listed below.

Relevant Policies and Resources

- AFL National Extreme Weather Policy: <https://resources.afl.com.au/afl/document/2019/12/04/a0692cc4-22b5-4e24-96b4-ba8d34e6284a/Schedule-7-National-Extreme-Weather-Policy.pdf>
- Sunsmart: <https://www.sunsmart.com.au/>
- Sunsmart football resources: <https://www.sunsmart.com.au/advice-for/sports-groups/top-sunsmart-tips-for-your-sport/football>
- Cancer council: <https://www.cancer.org.au/>
- Cancer council sun smart sporting events: <https://www.cancer.org.au/cancer-information/causes-and-prevention/sun-safety/be-sunsmart/sunsmart-sporting-events>
- Sports Medicine Australia Hot Weather: <https://sma.org.au/resources/policies-and-guidelines/hot-weather/>
- QLD Government Education Curriculum Risk Assessment (AFL): <https://education.qld.gov.au/curriculum/stages-of-schooling/CARA/activity-guidelines/australian-football>
- QLD Government reducing the risk of skin cancer: <https://www.qld.gov.au/health/staying-healthy/preventing-skin-cancer/reduce-the-risk>

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ENVIRONMENTAL HAZARDS AND CONTROLS

In consideration of the local context of the activity, the following environment conditions have been identified as the primary hazards that require preventative control measures.

Hazards	Control
Weather, sun, humidity	<p>Assess weather and environmental conditions prior to any outdoor activity (Bureau of Meteorology)</p> <p>The club's sun safety strategy must be followed</p> <p>AFL Australia's National Extreme Weather Policy must be followed (AFL)</p> <p>Ensure drink breaks occur regularly during training and game day activities.</p> <p>Make water available for individual participants between drink breaks (i.e., water carriers during games, water bottles to be kept near team equipment at training)</p>

SUN SAFETY STRATEGY

Excessive sun exposure can have an immediate negative impact on performance and hydration. Exposure to the sun's ultraviolet (UV) radiation also increases the risk of skin damage and cancer – which are preventable. Brothers Bulldogs recognises our duty of care to provide a safe environment for everyone involved in football activities which includes sun protection. The actions in this strategy can help to reduce the harmful effects of exposure to UV radiation.

Strategy 1: Sun Protection Times

- (a) Where possible, outdoor activities will be scheduled outside the peak UV times of 10am-2pm to minimise overexposure to UV.
- (b) When outdoor activities are scheduled during peak UV times, sun safety strategies and the importance of sun safety will be actively promoted.

Note: the sun protection times from the Bureau of Meteorology forecast the time of day UV levels are due to reach three or higher. At these levels, sun protection is recommended for all skin types. In Queensland, UV levels are above three all year round, even in winter.

Strategy 2: Provision of Shade

- (a) Where possible, shade will be provided for officials, participants, and spectators.
- (b) Use of existing shade (e.g., buildings, trees, and other structures as available) and own provision of shade (e.g., hats, umbrellas, shade tents) will be encouraged.

Strategy 3: Promotion of Sun Protection Items

- (a) The Cancer Council's slip, slop, slap campaign will be used as a basis to promote the use of sun protection items by officials, participants, and spectators.



SLIP



SLOP



SLAP



SEEK



SLID

- Clothing: UPF 50+, long sleeves, collar, loose-fitting, lightweight.
 - Hats: to shade face, head, neck, and ears (e.g., wide-brimmed, bucket, legionnaire)
 - Sunglasses: wrap-around, close-fitting, meet Australian Standard 1067 (2003)
 - Sunscreen: SPF30+, broad spectrum, water-resistant, applied every two hours
- (b) Where possible, club uniforms will be UPF 50+ and participants will have options to wear sun protection items for non-game outdoor activities (e.g., collared club shirts).
 - (c) Club supporter gear will include sun protection items (e.g., collared shirts, hats, umbrellas).
 - (d) Club officials and volunteers will role model the use of sun protection items.
 - (e) Sunscreen that is SPF30+, broad spectrum, and water-resistant will be available in the club house for general use by officials, participants, and spectators.

Strategy 4: Increase Awareness of Sun Safety

- (a) Club newsletters and advertising (e.g., social media, clubhouse posters) will include information and resources about sun safety.
- (b) Sun safety will be included in relevant briefing sessions (e.g., game day, carnivals).
- (c) Event announcements will include sun safety messaging.