



Ocean Ridge Junior Cricket Club

Ocean Ridge
Junior Cricket Club (Inc.)
PO BOX 584
Joondalup, WA6919
Web : www.ORJCC.com.au

SunSmart Policy

The health of club members is of primary concern for Ocean Ridge Junior Cricket Club.

Australia has the highest rate of skin cancer in the world, with two out of every three Australians developing some form of skin cancer before the age of 70. Utilising the cancer councils recommendations for sun protection policies, we have developed our SunSmart policy to help protect our members from overexposure to the sun's ultraviolet radiation (UV) whilst playing cricket.

- Schedules** Where possible, outdoor events and training times will be scheduled outside the hours of 11am and 3pm
- Shade** Each junior team will be provided with two portable gazebos for the team players and officials. Each gazebo is to be erected before each game, one for the players and the second for the officials (scorer, umpire etc). Spectators are encouraged to bring their own shade or seek the shade available around the ground.
- Clothing** The clubs SunSmart uniform for players and team officials (Coach/Umpire) is to be worn.
- Wide brimmed hat
 - Shirt with long/mid length sleeves and a collar
 - Long cricket pants.
- Note : players who have earned a baggy green are allowed to wear it whilst fielding until 10am (or closest break) after which they are to wear a wide brimmed hat.
- Players, team officials and spectators are advised to wear sunglasses that meet Australian standard (ASNZS 1067:2003)
- Sunscreen** SPF 30+ or higher water resistant sunscreens will be promoted and available from the club (team kit bag). Players and participants are encouraged to apply sunscreen 20 minutes before training or playing to exposed body parts and reapply every two hours
- Drink breaks** To reduce the risk of dehydration, drinks breaks (5 minutes) are to be taken hourly and in shade – ref CJCC rules for junior community cricket (1.26). It is the responsibility of the game/team officials to decide on drinks breaks and their frequency, taking into account the days playing conditions.
- Note : If you feel thirsty and you want a drink you are already dehydrated!
- <http://www.myuv.com.au/>
- Education** The club will promote and increase awareness of our Sunsmart policy to members through team managers, mail communication and club website www.orjcc.com.au
- Responsibility** The Club will promote Sunsmart participation during club matches, training and other events as detailed above, but It is the responsibility of the parent/guardian of player(s) to assist the club to ensure the policy above is followed.