



NMCA

POLICY

NMCA POLICY - SUN SMART - VICHEALTH

1. Seek shade between 11 a.m. and 3 p.m. when possible.
2. Play with long sleeve shirt.
3. Wear a cricket club hat in preference to a cap.
4. Clubs must have ample sun screen 30+ accessible to all players.
5. Use Zinc cream to protect sensitive areas - nose, top of ears, lips.
6. Junior Grades are not permitted to play once the temperature exceeds 36C.
7. Where there is inadequate shelter from the sun (e.g. trees, buildings, etc.). Clubs are required to make an effort to provide alternative shade areas.
8. Make adequate provision for extra drink breaks on days over 30C.
9. Ensure that sun screen is re-applied at all available breaks.
10. Wear 'sun smart' colours.
11. Wear appropriate sunglasses where possible.
12. Clubs should provide educational sessions, which shall increase awareness of skin cancer.