



Gladstone Netball Association

Memorial Park, Side Street | Gladstone, QLD 4680
(PO Box 982)

Gladstone Netball Association (GNA) Sun Safety– Policy

Effective Date: 22/09/2025 Reviewed By: GNA Executive

1. Purpose

The purpose of this policy is to ensure that all participants, officials, and spectators are protected from the harmful effects of the sun while participating in GNA activities. GNA recognises its duty of care and aligns with Netball Queensland and Netball Australia policies on health, safety, and wellbeing.

2. Scope

This policy applies to all players, coaches, umpires, officials, volunteers, and spectators involved in GNA competitions, training sessions, and events.

3. Policy Statement

GNA is committed to providing a safe and healthy environment by promoting sun protection practices in accordance with:

- Netball Australia Member Protection Policy
- Netball Queensland Health and Safety Guidelines
- Recommendations from Cancer Council Queensland SunSmart Program

4. Responsibilities

- GNA Executive/Committee will ensure sun safety practices are promoted and facilities provide adequate shade where possible.
- Coaches and Team Officials are responsible for encouraging players to adopt sun protection strategies.
- Players and Spectators are responsible for their own sun safety and compliance with this policy.

5. SunSmart Strategies

- **Scheduling**
 - Where possible, games and training sessions will be scheduled outside the peak UV period (10am–3pm).
 - Consideration will be given to shade and weather conditions when planning events.
- **Clothing and Hats**
 - Players are encouraged to wear sun-safe clothing (e.g., sleeves during training, broad-brimmed or bucket hats when off-court).
 - Umpires and officials are encouraged to wear hats and protective uniforms when not actively umpiring.



Gladstone Netball Association

Memorial Park, Side Street | Gladstone, QLD 4680
(PO Box 982)

- **Sunscreen**

- Broad-spectrum, water-resistant SPF 30+ (or higher) sunscreen should be applied at least 20 minutes before outdoor activity.
- Reapplication is encouraged every two hours or more frequently if sweating.
- GNA will provide sunscreen at central points (e.g., clubhouse, scorer's table).

- **Hydration & Shade**

- Players and officials are encouraged to stay hydrated before, during, and after games.
- GNA will provide shaded areas where possible

- **Education and Awareness**

- Sun safety messages will be included in GNA communications (social media, newsletters, announcements).
- Clubs and teams will be reminded of sun safety requirements at the start of each season.

6. Compliance

- Players, coaches, and officials are expected to support and model appropriate SunSmart behaviours.
- Clubs are responsible for reinforcing these practices within their teams.

7. Reference Documents

This policy has been developed with reference to:

- Netball Australia Member Protection Policy
- Netball Queensland Health, Safety and Wellbeing Policies
- Cancer Council Queensland – SunSmart Sporting Organisations Guidelines

8. Review

This policy will be reviewed annually before the commencement of each summer season, or sooner if updates are issued by Netball Queensland, Netball Australia, or Cancer Council Queensland.