

Sun and Heat Protection Policy

Many of the GSV activities will take place in hot, sunny weather. GSV aims to protect its staff and students from the effects of heat and exposure to the sun.

In addition to this policy, GSV has developed rules for the cancellation of sport in extreme heat. (Refer to Section 2.6)

This policy aims to increase the awareness of the dangers of overexposure to heat and sun and to increase the levels of responsible behaviors in these matters.

The following strategies are recommended:

1. Schools should ensure that uniforms are suitable and that protective sun hats are worn in 1st and 4th term.
2. Schools should, where possible, ensure that adequate shade areas are provided at venues.
3. Staff should ensure that team officials provide appropriate modeling behaviour.
4. Staff should ensure the availability of sufficient drinking water at a venue.
5. Staff should encourage personal protection measures for students at all times, including:
 - the wearing of hats when in the sun
 - the use of broad spectrum sunscreen
 - the use of available shade areas
 - the drinking of fluid, prior to, during and after exercise.

Factors to consider during extreme heat:

- Dividing games into shorter periods to allow for extra drink breaks
- Provision of extra water for wetting face, clothes and hair
- Increasing airflow in indoor venues.

Reference:

- SPORTS MEDICINE AUSTRALIA – VICTORIAN BRANCH
Smartplay Resources - Drink up Beat the Heat brochure
September 1999
- SPORTS MEDICINE AUSTRALIA
Preventing Heat Illness in Sport
December 2001