

The SDNA weather policy has been adopted in accordance with the guidelines set down by SunSmart.

This policy outlines SDNA's approach to protecting the safety of participants during hot weather. Warm to hot weather creates a risk that participants may experience a form of exertional heat illness, such as muscle cramps, fainting, heat exhaustion and even heat stroke.

The aim of SDNA's Heat Policy is to:

- Protect the health, safety and wellbeing of everyone who participates, including volunteers, families, coaches and officials.
- Detail strategies for participation to continue with appropriate mitigation and risk management strategies in place.

Try these winning sun protection tips to help keep you game-ready for many seasons of play. It's hard to shoot goals or defend with sunburn!

1. **SLIP** on clothing that covers as much skin as possible during training sessions and in-between times during play. Grab a cool, light shirt made of densely woven fabric (preferably rated UPF50+) to pop-on when off the court.
2. Netball uniforms don't typically provide much coverage so it's important to **SLOP** on SPF30 (or higher) broad-spectrum, water-resistant sunscreen to any exposed skin at least 20 minutes before play starts. Look for a dry touch or active formula that won't be greasy for easy ball handling. Sunscreen should be reapplied regularly if you're working up a sweat (or at least every two hours), so put some in your sports bag for later. Hydration breaks and half-time provide the perfect opportunities to reapply.
3. **SLAP** on a broad-brimmed hat when you are off court to protect your face, neck and ears from the constant UV.
4. **SEEK SHADE**: Whether you are practising, warming-up or playing, take advantage of shady breaks whenever you can. Hydrate in the shade and find shady spots when off the court. Try to schedule training and games earlier in the morning or later in the day when the sun's UV isn't as intense.
5. **SLIDE ON SUNGLASSES**: Outdoor netball courts can reflect high levels of UV. Bring sunglasses to protect the eyes and cut the glare to make sure you never miss any of the court action from the sidelines. For best protection, look for wrap-around sunglasses which meet the Australian Standard (AS/NZS 1067).

Encourage spectators to **BYO** sun protection gear and find shady spots to watch the game.