

# Sun Care Policy

## Long Melford Cricket Cub

Meeting Field  
Long Melford  
Suffolk  
CO10 9JZ



POLICY NAME	Sun Care Policy		
EFFECTIVE DATE	1/3/2022	DATE OF LAST REVISION	VERSION NO.
ADMINISTRATOR RESPONSIBLE	Committee		

VERSION HISTORY				
VERSION	APPROVED BY	REVISION DATE	DESCRIPTION OF CHANGE	AUTHOR

## INTRODUCTION

Taking part, or watching, outdoor summer sports can mean that young skin is subjected to 'prolonged sun exposure' which can result in sunburn, even on a cloudy day.

## LMCC supports the outdoors kids sun safety code.

Devised and funded by the Myfanwy Townsend Melanoma Research Fund, and launched in May 2014, the Outdoor Kids Sun Safety Code is a Free online resource bank, developed by a leading skin cancer specialist alongside experts in physical education and safeguarding.

<https://www.melanoma-fun.co.uk/ok-sun-safety-code/>

the ECB recommends that clubs individual coaches, parents, and others, consider using the resources available through the 'OK Sun Safety Code' which provides information, advice, resources and accreditation on Sun Safety for children.

In accordance with this, Long Melford Cricket Club request its players, coaches, parents and supporters adhere to the following protective guidelines.

- Provide yourself or your child with a sunhat or cap (club cap or other with a peak) and wraparound sunglasses.
- Consider UVP 50+ clothing with in-built protection or garments in a darker colour or white with close weave and long sleeves.
- SPF 30+ sunscreen should be applied before you or your child gets dressed and again on exposed parts on arrival.
- Ensure that you or your child have/has with a bottle of SPF 30+ UVA/UVB (labelled with their name) so it can be reapplied during the day.
- You or your child should have a full, named water bottle to ensure regular hydration.
- You or your child should endeavour to seek shade where possible.

**Heat stress CAN Absolutely lead to heat stroke.**

Symptoms are:

- Inability to concentrate, muscle cramp and heat rash.
- Severe thirst, fainting and exhaustion (irritability, fatigue, nausea, headache, moist skin).
- Heat stroke (hot dry skin, confusion, convulsions and eventual loss of consciousness).

**If you suspect a player or participant is suffering from heatstroke, contact a First Aider and the following steps should be taken immediately:**

- Move the player or participant to a cool and shady location.
- Make sure they drink (preferably water).
- Sponge them with cool water and if available place cold packs around the neck and armpits.
- Place the player/participant near a fan or fan them with towels or clothing.
- If they do not respond to the measures above within 30 minutes, place them in the recovery position and dial 999.
- If a player shows sign of confusion or loss of consciousness place them in the recovery position and dial 999.

This sun care policy was written following the ECB Safe hands guidelines.