



**BRIDLINGTON CRICKET  
FOUNDATION**

# Sun Protection Policy



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**Definitions** - In this Policy the following terms/expressions shall mean:

- **ECB** – means England and Wales Cricket Board
- **Children** – refers to persons under the age of 18
- **Safe Hands** - means the ECB's cricket policies and procedures for safeguarding children within cricket.

Too much exposure to ultraviolet light (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of skin cancer. 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**.

Parents are reminded that sun protection is needed for players and participants in all events from the start of the season right through to the end of the season. This also applies to cloudy days. (reminder that this is the responsibility of the parents).

Coaches should act as positive role models and set a good example by seeking out the shade whenever possible and promoting the wearing suitable clothing, hat and sunscreen.

## **Shade**

Where possible shade should be sought at the ground being played at e.g. either by the pavilion or under trees

## **Clothing**

Children will be encouraged to wear clothes that provide good sun protection including caps and hats with wide brim and tops with collars and sleeves

## **Sunscreen**

Children will be reminded to apply sunscreen (minimum SPF 30, 4 star UVA) when appropriate. This needs to be applied thickly 20 minutes before going outside and should be re-applied every two hours. Keep sunscreen in a cool place in the shade.

## **Drinking Water**

Children are encouraged to increase their water intake in hot weather and regular breaks should be taken during coaching sessions in extremely hot weather. During matches, drinks should be taken after a maximum of 15 overs. (in extreme temperatures the coaches and team captains should decide the lower number of overs when water should be taken) Children should bring a water bottle to training and matches. Tap water should also be readily available from the pavilion at all times.

## **Extreme Heat**

30 degrees and above is too hot for the very physical activities without risking heatstroke and severe dehydration and planned activities may have to be modified during periods of extreme heat

## **Heat stress leading to Heat Stroke**

Symptoms are:

- Inability to concentrate
- Muscle cramps
- Heat rash
- Severe thirst
- Fainting
- Heat exhaustion – irritability, fatigue, nausea, headache, moist skin



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- 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 any sign of confusion or loss of consciousness, place them in the recovery position and dial 999**

## The ECB Supports the Outdoor Kids 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

Clubs may choose to link the website from the club website. The guidance includes making sure that coaches and others set an example and are seen to take steps to protect themselves, and that they encourage children to:

- Wear a hat
- **Put on sun cream (factor 30 or above)**
- Cover up

The resource is available at: <http://www.oksunsafetycode.com>

## Document Control

Version History			
Version	Reason for release/version update	Date	Approving person/body
1	Master	April 2024	BCF Trustee's