



(Founded 1878)

# Thatcham Town Cricket Club

## TTCC Sun Safety Code v1.2

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## Revision History

| <b>Version</b> | <b>Updated by</b> | <b>Comments</b>                          | <b>Date of Release</b>        |
|----------------|-------------------|--|-------------------------------|
| <b>V1.0</b>    | Ian Redmond       | Publication of policy                    | March 2019                    |
| <b>V1.1</b>    | Iain Cottingham   | Annual review of policies and procedures | 23 <sup>rd</sup> October 2020 |
| <b>V1.2</b>    | Iain Cottingham   | Annual review of policies and procedures | 19 <sup>th</sup> January 2022 |

## 1 STATEMENT OF INTENT

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.

In line with the ECB, TTCC supports the Outdoor Kids Sun Safety Code. This was devised and funded by the Myfanwy Townsend Melanoma Research Fund and launched in May 2014. The OK Sun Safety Code was developed by a leading skin cancer specialist alongside experts in physical education and safeguarding.

The OK Sun Safety Code sets out specific measures and that you actively sun protect children in your care designed to keep guidelines "front of mind" and ensure that good practise by club coaches and others is supported by parents.

Expert Advice on wellbeing in the sun. Protection from the sun isn't just about sunburn, don't overlook heatstroke and heat exhaustion too.

### 1.1 Shade

- Spend time in the shade when the sun is strongest. In the UK this is between 11am and 3pm from March to October.
- Cover up with suitable clothing. It is suggested that, where practical this would include a hat / cap, a top with long sleeves and wraparound sunglasses.
- If playing at lunchtime make sure that lunch is taken in the shade and that there is plenty of shade either in a clubhouse or portable structure.
- Shade children in breaks and when they are not actually active i.e.; watching activity.

### 1.2 Sunscreen

- It is recommended that at least factor 30 sunscreen is used with both UVA / UVB protection (broad spectrum).
- Apply sunscreen to areas not covered by clothing such as ears, face and backs of hands. B.E.E.N.S is a simple way to remember the easy to forget bits
  - Back of knees
  - Ears
  - Eye area
  - Neck and nose
  - Scalp
- Expert advice on SPF products; Creams can be more effective and give better protection. Sticks are good for the face and sensitive areas as there is less chance of running into eyes, when compared to creams. Choose a product that is designed for children and ensure the product is within its sell by date. Do not worry about choosing named brands, just look for the right level of protection as above.

- Expert advice on application; Efficacy of application is very important; use a generous quantity of product (most of us do not use enough) and don't rub in too hard. It is better to pat lightly until the white has disappeared to be sure of coverage. Reapply the product at least once during the day. This applies even to those products that claim to be waterproof / water resistant / sweat proof or to last all day.

### **1.3 Extreme Heat**

- 30C and above is too hot for very physical activities without risking heatstroke and severe dehydration.
- For some young people with disabilities, they may have a lower tolerance and therefore guidance should be sought from their parents / carers.

### **1.4 Heat exhaustion**

- Signs of heat exhaustion include the following: irritability, fatigue, dizziness, headache, nausea or hot, red and dry skin.

### **1.5 Heatstroke**

- Heatstroke can develop if heat exhaustion or heat stress is left untreated, but it can also occur suddenly and without warning.
- Sweating is an essential means of cooling and once this stops a child is at serious risk of developing heatstroke.
- The following steps to reduce body temperature should be taken at once.
  1. Move the child to as cool a location as possible.
  2. Sponge the child with cool, (not cold) water and, if available, place cold packs around the neck and in the armpits.
  3. Place the child near a fan. If a child shows signs of confusion or loses consciousness, place the child in the recovery position and follow the steps above.
  4. In both cases, call 999 or 112 for emergency medical assistance.

### **1.6 Hydration**

- Children should be encouraged to hydrate properly and regularly.
- Children should, where practical, bring their own water bottle but free access to water should be available at all times.
- For those children who find it difficult to self-hydrate adults should prompt and support effective hydration.

Expert Advice on Hydration: A child's hydration needs will vary, but all children should have free access to water when outdoors, they should have named water bottles and be encouraged to drink exclusively water on a regular basis.

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If sensible precautions are taken to safeguard children outdoors; then they are unlikely to be adversely affected by hot conditions.

**THE END**