



## **SUN SAFETY GUIDANCE**

**St Chad's Broomfield Cricket Club are Sun Protection Accredited to the Outdoor Kids Sun Safety Code and will ensure that the following actions are applied to our outdoor sessions from April to September.**

Skin cancer is the world's most common cancer, mainly affecting those who spend lots of time outdoors without sun protection. With just one blistering sunburn in childhood doubling the risk of Melanoma (the most dangerous form of skin cancer), we aim to do all we can to keep everyone protected.

### **Facts:**

- Being outdoors is fun and healthy, but wear sun protection from March onwards.
- Avoid sunburn; it's painful, damaging and doesn't look great!
- Sun protection includes; clothing, hats, sunglasses, SPF30+ sunscreen, water and shade.
- The sun is at its hottest and most damaging between 11:00 and 15:00.
- You can still get sunburn on a cloudy day.
- If you spot sunburn developing on anyone else, let them know.
- Look after your skin and it will look after you.

### **Remember:**

- 30 degrees + is too hot for very physical activity and can lead to heat stroke and extreme dehydration.
- Improve your own sun protection habits to inspire others.
- A rainy day can always turn into a sunny day, so don't get caught out.
- The UK sun is powerful, so respect it.

Between March and October, we all need to be aware of the risks of UV light. Please work with us to ensure all children attending sessions understand the importance of sun protection and support us in carrying out the following actions:

**We pledge to:**

1. **PREPARE:** Communicate with parents to ensure that everyone arrives ready for a day in the sun (whatever the weather in the morning).
2. **PROTECT:** Recommend hats and sunglasses (where possible) and ensure sunscreen (SPF30+) reapplied at breaks.
3. **SHADE:** Avoid direct sunlight, and seek shade during breaks or while spectating others.
4. **HYDRATE:** Ensure water is always available and sipped throughout the day.
5. **LEAD BY EXAMPLE:** Act as a role model regarding sun protection, and inspire children to follow suit.

For further information regarding sun protection for children in sport, please visit Outdoor Kids Sun Safety Code at [www.melanoma-fund.co.uk](http://www.melanoma-fund.co.uk).