



Hythe & Dibden Cricket Club

Guidance for sun safety

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.

Hythe and Dibden Cricket Club will not provide or apply sun cream for any club members. Please ensure children come with adequate sun cream applied, appropriate clothing and water to maintain hydration.

Essential kit:

Clothing is the simplest line of defense. We suggest that children should be asked to attend with the following items and these should be worn, where practical.

- Hat/cap
- Tops with long sleeves
- Legs covered
- Sunglasses

Protective clothing can be an easier solution for sun protection as it avoids the application of sunscreen which needs to be reapplied and can be sweated or rubbed off. Appropriate clothing will absorb or reflect harmful UVB rays.

Sunscreen and its application:

- a) The use of sunscreen should be recommended to all parents/carers and staff
- b) We recommend a minimum of SPF30 with both UVA/UVB protections (broad spectrum)

For further advice please go to www.oksunsafetycode.com

Here are The ECB top 5 tips:

1. **PREPARE:** Ensure that everyone arrives ready for a day in the sun
2. **PROTECT:** Use clothing, hats/sunglasses, and sunscreen (SPF30+) reapplied at breaks
3. **SHADE:** Avoid direct sunlight during lunch or whilst spectating others
4. **HYDRATE:** Ensure water is always available
5. **LEAD BY EXAMPLE:** Inspire children with your own actions