

GRANTHAM CRICKET CLUB



GUIDANCE ON SUN SAFETY

The ECB supports the OK (Outdoor Kids) Sun Safety Code. Grantham Cricket Club has signed up to the OK Kids Sun Safety Code, and is working towards their Accreditation Mark in the 2017 season. More information is available at www.oksunsafetycode.com, and parents can download a useful PDF document from this website.

The majority of junior activity (training and matches) takes place in the evenings when the risk of sunburn is greatly reduced. It must be remembered that children playing in senior matches at weekends, or taking part in daytime school holiday activities, will have a greater risk of sun exposure as the sun is at its strongest between 11am and 3pm.

The Club encourages:

- Use of appropriate clothing (hat/cap, top with long sleeves, wraparound sunglasses)
- Use of a minimum of SPF30 with both UVA and UVB protection, applied regularly as per manufacturer recommendations
- That children attend with water bottles, and have access to these at all times
- Children to seek shade during lunch and other breaks

Parents should advise the club of any conditions their child has which may have an impact on their child's tolerance to heat.

Temperatures of over 30 degrees C are considered to be extreme heat for physical activity. During club-managed activities during this time, the Club will have due regard for the need for extra breaks, keeping children hydrated, and seeking shade. Activities may be changed to ensure that exertion is reduced in extreme heat. During weekend matches in extreme temperatures, Club captains will liaise with the Umpires in charge of the game.

Club Coaches, Captains and other officials are encouraged to lead by example by following this guidance and the more detailed guidance available at www.oksunsafety.com

Tel: 01476 563742
Gorse Lane, Grantham NG31 7UE