



Ickenham Cricket Club

Oak Avenue, Ickenham, Middlesex UB10 8UT

Sun Safety Policy

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.

Figures from Cancer Research UK show that the incidence of melanoma in the UK is now five times higher than it was in the 1970s; more than 13,000 people develop melanoma each year, compared with around 1,800 in the mid-1970s.

The Skin Cancer Foundation estimates that 80% of lifetime sun exposure occurs during childhood and that just one blistering sunburn can double the risk of getting melanoma later in life.

At Ickenham Cricket Club, we want children and members to enjoy the sun safely. We encourage all players to:

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

PROTECTION

- On sunny days seek shade during breaks.
- If you are feeling the heat tell the coach/umpire that you need to leave the field.
- Juniors must have a named, wide-brimmed hat – children without a hat will not be permitted to take part in training/matches. If a child has forgotten their hat the Club will do their best to provide one.
- On sunny days long sleeved clothing is recommended.
- Adults are encouraged to act as good role models by practicing sun safety.
- Parents are to ensure their child has applied sunscreen (SPF 25+) before coming to cricket.
- Parents are to ensure that their child is able to apply his/her own sun screen to all exposed areas. Our coaches/captains will not apply sun screen under any circumstances.
- Parents are to provide their child with a sunscreen product (SPF 25+) for use at matches and training. This must be clearly marked with the child's name, kept in their kit bag and replenished by their parents as needed.
- In hot, sunny weather, children will be expected to re-apply their own – if they are unable to do this the parent must remain on site in order to do so.

- For Health and Safety reasons the Club does not keep a stock of sunscreen and therefore juniors who do not have their own sunscreen will not be permitted to take part in matches/training.

- Coaches and umpires should take note and apply sunscreen and follow the same advice as players.

HYDRATION

- All players are encouraged to bring in their own named water bottle for training and for matches

- Pupils will be encouraged to drink plenty of water during hot, sunny weather. At home games/training this will be provided by the Club however if travelling away players should be well prepared with their own refreshments.

www.ickenhamcc.com

Affiliated to:

Thames Valley Cricket League, Middlesex Cricket, Middlesex Junior Cricket Association, Club Cricket Conference

Members of:

Morrant Thames Valley Cricket League, Chess Valley Cricket League, Hillingdon Youth Cricket Alliance, Women's Cricket Southern League, Derek Morgan Cricket League, Middlesex Development League, Club Cricket Conference