

# Rolleston Cricket Club – Safety in the Sun

THE OUTDOOR KIDS SUN SAFETY CODE was devised by the Myfanwy Townsend Melanoma Research Fund. It is partnered with the Association for Physical Education (afPE), sports coach UK and the Youth Sport Trust and supported by over 80 NGB's and outdoor organisations.

Following the OK Guidelines is as much about teachers, coaches, and parents understanding and using sun protection as it is about communicating the key facts to children and their parents/carers. It is important for everyone to work together to ensure that all children are protected.

*It only takes a few incidence of sunburn to double a child's risk of getting melanoma in later life.*

ALWAYS ENSURE PARENTS/CARERS ARE MADE AWARE OF THEIR RESPONSIBILITIES TOWARDS PROTECTION FROM THE SUN

There are 3 elements to the Sun Safety Code: Education, Protection and Leading By Example

**1. EDUCATION** To deliver effective sun protection you can:

- Give Practical Advice to those Working Outdoors with Children
- Always monitor the sun through the day
- Tailor your activities around the changing weather
- Put up Posters (print and display in a prominent position)

**2. PROTECTION** Coaches & parents should be familiar with the types of protective clothing that ideally should be worn. Recommendations should be made in line with suitability for each outdoor pursuit and the specific health and safety requirements needed to ensure safe enjoyment of each activity.

Essential kit: Clothing is the simplest line of defence. 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 when the child is a wheelchair user
- Wraparound sunglasses

Sunscreen and its application

- The use of sunscreen should be recommended to all parents/carers and staff
- We recommend a minimum of SPF30 with both UVA/UVB protection (broad spectrum)
- Where young people have disabilities or special considerations that may affect their ability to utilise sunscreen, advice should be sought and procedures agreed with their parents/carers
- Consider the provision of a generic consent form which gives permission to a coach or responsible adult to apply sunscreen should it be necessary.

Apply to all areas that will be exposed before dressing and leaving home and top up when you arrive at the outdoor activity.

Ensure everyone has sunscreen with them and ensure everyone reapplies after lunch breaks. Even products that claim to be waterproof/water resistant/sweat proof or 'last all day' should be reapplied at least once during the day.

Protective clothing is highly beneficial for children with a range of skin problems, some of which may make using sunscreen undesirable or impractical.

Allergic reaction to an ingredient in sunscreen – sunscreens work in one of two ways:

Absorbing light rays and Reflecting light rays

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Allergies are usually caused by a reaction to chemicals contained in the sunscreens which absorb light rays, as for these to be effective, they are also absorbed by the skin. The reflecting creams containing minerals like zinc oxide and titanium dioxide sit on top of the skin, forming a barrier against the sun's rays and are therefore less likely to become an irritant.

And don't forget the tricky bits!

Back of knees, Ears, Eye area, Neck & nose, Scalp

Protection from the sun isn't just about sunburn, don't overlook heatstroke and heat exhaustion too. The following should be considered:

**1. HYDRATION** – All children should attend with water bottles (or access to water, or hydration for those children unable to drink unsupported), be encouraged to drink, and free supplies of water should be available at all times. For those children who find it more difficult to self-manage hydration, adults should prompt and support effective hydration.

**2. SHADE** – If at all possible, avoid the sun between 11am – 3pm. Try to make sure that lunchtime is taken in the shade and that there is plenty of shade either in a clubhouse or portable structure, to shade children in breaks and when they are not actually active; i.e.; watching activity.

**3. EXTREME HEAT** – 30oC 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.

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. Children suffering from heat stress will show general signs of discomfort (including those listed below for heat exhaustion). These signs will worsen with physical activity or if left untreated can lead to heat exhaustion or heatstroke.

Signs of heat exhaustion include: irritability, fatigue, dizziness, headache, nausea or hot, red & dry skin. 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.

- Move the child to as cool a location as possible
- Sponge the child with cool, (not cold) water and, if available, place cold packs around the neck and in the armpits
- 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. In both cases, call 999 or 112 for emergency medical assistance.

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

**3. LEADING BY EXAMPLE** It is recommended that the following should be undertaken:

- a) Coaches and parents should lead by example, this means making sure that they are seen to be protecting themselves from the sun by dressing appropriately, remaining hydrated and avoiding extreme temperatures
- b) Where relevant, staff should apply sunscreen to themselves in full view of the children
- c) Staff should check that everyone is protected before a session starts, and that sunscreen is reapplied during the day (ideally after lunch breaks)
- d) Advice, simple sun protection messages and some suggested dialogue to make sure that all children are informed and reminded of the importance of staying safe in the sun.

