



RCC Guidance on Sun Safety

Protection for young skin

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. The effects of over-exposure to the sun on our skin are cumulative and build up over a person's lifetime. These effects cannot be reversed. In addition UV radiation damage is largely responsible for ageing of the skin — wrinkles, freckles, and sun spots and a higher risk of skin cancer including melanoma later in life.

How to be 'Sun Safe'

Parents are reminded sun protection is needed for players and participants in RCC events from the start of the season in April to the end of the season in September, especially between 10am & 4pm. This also includes providing protection on cooler, cloudy days when the UK Met Office UV Index is 3 or more as you can still burn on these days.

Being Sun Safe -



SLIP



SLOP



SLAP



WRAP



SHADE

Slip on protective clothing — tops with collars and sleeves are best. Cricket trousers or if at another non-cricketing event longer shorts and skirts are recommended. If wearing shorts or short sleeve tops while participating, playing or competing ensure good sunscreen coverage of any exposed skin.

Slop on sunscreen — this should be encouraged when players or participants are outside for extended periods. Sunscreen (at least SPF 30 broad spectrum) needs to be applied thickly 20 minutes before going outside. Parents, players and participants should ensure the sunscreen is reapplied every two hours. Zinc sticks may also be used on exposed areas in addition to sunscreen. **Storage of sunscreen** — keep sunscreen in a cool place. If outside, keep it in the shade. Sunscreen that has been left out in the sun or near other sources of heat will degrade and will not work as intended. Check the expiry date on the label and replace outdated sunscreen. For more information check the label on your sunscreen.

B-E-E-N-S is a simple way to remember to apply sunscreen to the easy to forget bits!

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

Slap on a hat — wide-brimmed or bucket hats with a 6cm brim are recommended. A hat will also protect your eyes. *Caps are not hats. They don't protect the sides of the face, neck or ears, which are all common sites of skin cancer and require further protection with sunscreen.*

Wrap on sunglasses — these may be worn at events or when waiting to bat etc. — a cap with 6 cm brim will also offer eye protection for those waiting or fielding. Close-fitting, wrap-around sunglasses styles are best. Over exposure to UVR is associated with a number of eye conditions such as the development of cataracts, macular degeneration and growths on the eyeball called pterygium or pinguecula.

Shade — seek shade from trees, verandas, shade sails, gazebos, etc. take your breaks in the shade!



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Advice on wellbeing in the sun:

Protection from the sun isn't just about sunburn, there are a range of exposure conditions including heatstroke and heat exhaustion too.

The following should be considered:

1. **HYDRATION** – All players and participants at RCC matches and events should attend with water bottles and should be encouraged to drink water. Where the match or event is at the Rec. drinking water will be available in the RCC Pavilion at all times. Other Club's pavilions will supply drinking water for matches or events.
2. **EXTREME HEAT** – 30 °C and above is too hot for very physical activities without risking heatstroke and severe dehydration and RCC planned activities will be modified or cancelled during periods of extreme heat.

Heat Stress leading to Heatstroke: A qualified first aider will be on site at all RCC organised matches and events. However, all persons at matches and events should be aware players and participants suffering from heat stress can be affected in different ways and some people are more susceptible to heat stress than others. Typical symptoms are:

- an inability to concentrate;
- muscle cramps;
- heat rash;
- severe thirst - a late symptom of heat stress;
- fainting;
- heat exhaustion – irritability, fatigue, giddiness, nausea, headache, moist skin;
- heat stroke - hot dry skin, confusion, convulsions and eventual loss of consciousness. This is the most severe disorder and can result in death if not detected at an early stage.

If you suspect a player or participant is suffering from heatstroke contact the first aider and to reduce body temperature the following steps should be taken immediately.

- Move the player or participant to a cool and shady location as soon as is possible
- Make sure they drink – preferably water but if water is not available other fluids
- Sponge the player/participant with cool, (not cold) water and, if available, place cold packs around the neck and in the armpits
- Place the player/participant near a fan or fan them with towels, clothing or similar

If the injured person does not respond to the measures recommended above within 30 minutes, place them in the recovery position and call 999 for emergency medical assistance.

NOTE - If a player/participant shows ANY signs of confusion or loses consciousness place them in the recovery position, call 999 for emergency medical assistance and follow the steps above.