



South Hampstead Cricket Club

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Follow us on twitter [@SthHampsteadCC](https://twitter.com/SthHampsteadCC)

Sun Safety policy

South Hampstead Cricket Club acknowledges the importance of sun protection and want children and staff to be protected from the harmful UV rays of the sun. We will work with everyone including children and parents to achieve this through:

Education

All coaches will be advised about being sun sensible at the start of each spring and summer term. This policy will be published on SHCC website explaining what we are doing about sun protection and how everyone, including parents can help.

Protection

Covering up:

Children should wear wide-brimmed hats or sports caps that shade as much of the ears, face and neck while outdoors.

All coaches staff will also wear hats when on duty during hot weather.

Drinking lots:

We will make sure drinking water is available and encourage children to drink regularly during hot weather.

Creaming up:

Sunscreen use will be encouraged at all times during coaching, match and camp activity.

Coaches will be provided with extra sunscreen in case children forget their own.

Parents should apply sunscreen before their child leaves for coaching, match or camp, with a named bottle of sunscreen in their bag so it can be reapplied during the day. We recommend using as high an SPF as possible.

Timetabling:

Our camps and some matches, in particular are all-day and often during the hottest part of the day. We will ensure hats, clothing and sunscreen are all worn to help prevent sunburn.

If a child seems to be suffering from dehydration or other issues to do with the heat, the responsible coach or manager will inform the parent or carer immediately.

This policy was developed with the help of our coaches and parents and it will be reviewed annually.

If you have any queries about this policy, contact the Child Welfare Officer or Club Secretary –

secretary@southhampsteadcc.org.uk