



SUN SAFETY POLICY

Too much exposure to ultraviolet light (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of skin cancer. 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.

Parents are reminded that sun protection is needed for players and participants in Actonians events from the start of the season right through to the end of the season. This also applies to cloudy days.

Coaches should act as positive role models and set a good example by seeking out the shade whenever possible and wearing suitable clothing, hat and sunscreen.

Shade

- The ground has shade provided by the pavilion and trees

Clothing

- Children will be encouraged to wear clothes that provide good sun protection including caps and tops with collars and sleeves

Sunscreen

- Children will be reminded to apply sunscreen (minimum SPF 30, UVA and UVB protection) before each training session or match and to re-apply every two hours. Sunscreen is to be kept in a cool place in the shade.

Drinking Water

- Children are encouraged to increase their water intake in hot weather and regular breaks will be taken during coaching sessions. During matches, drinks will be taken every 15 overs. Children should bring a water bottle to training and matches. Tap water will also be readily available from the pavilion at all times

Extreme Heat

- 30 degrees and above is too hot for very physical activities without risking heatstroke and severe dehydration and planned activities may have to be modified during periods of extreme heat.



Heat stress leading to Heat Stroke

Symptoms are:

- Inability to concentrate
- Muscle cramps
- Heat rash
- Severe thirst
- Fainting
- Heat exhaustion – irritability, fatigue, nausea, headache, hot, red and dry skin
- Heat stroke – hot dry skin, confusion, convulsions and eventual loss of consciousness.

If anyone suspects a player or participant is suffering from heatstroke, a First Aider must be contacted and the following steps should be taken immediately:

- Move the player or participant to a cool and shady location
- Make sure they drink (preferably water)
- Sponge them with cool water and if available place cold packs around the neck and armpits
- Place the player/participant near a fan or fan them with towels or clothing

If a player shows any sign of confusion or loss of consciousness, place them in the recovery position and dial 999