



Berkswell CC Sun Protection Policy

Berkswell CC are Sun Protection Accredited to the Outdoor Kids Sun Safety Code and will ensure that the following actions are applied to our outdoor sessions from April – September.

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.

Skin cancer is the world's most common cancer, mainly affecting those who spend lots of time outdoors without sun protection with just one blistering sunburn in childhood doubling the risk of getting melanoma later in life.

All those responsible for young cricketers at Berkswell CC will:

- Lead by example and protect themselves against the sun
- Ensure that young people will remain hydrated
- Encourage young people to wear a hat
- Encourage young people to use sun cream of at least SPF 30. (To be applied by children themselves or parents and carers.)
- Ask young people to arrive with suncream and re-apply when necessary
- Ask young people to arrive with full water bottles
- Seek shade at breaks if possible
- Promote the importance of sun protection.

More information can be found at [The OK Code 2021.pdf \(ukcoaching.org\)](https://www.ukcoaching.org/okcode2021.pdf)

