

ECB GUIDANCE FOR CLUBS ON SUN SAFETY

Adopted by FAKENHAM CRICKET CLUB

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**.

Figures from Cancer Research UK show that the incidence of melanoma in the UK is now five times higher than it was in the 1970s; more than 13,000 people develop melanoma each year, compared with around 1,800 in the mid-1970s.

The Skin Cancer Foundation estimates that 80% of lifetime exposure occurs during childhood and that **just one blistering sunburn can double the risk of getting melanoma later in life**.

The ECB Supports the Outdoor Kids Sun Safety Code

Devised and funded by the Myfanwy Townsend Melanoma Research Fund, and launched in May 2014, the Outdoor Kids Sun Safety Code was developed by a leading skin cancer specialist alongside experts in physical education and safeguarding.

The `OK Sun Safety Code` sets out specific measures that should be met and that you actively sun protect kids in your care. It is designed to keep guidelines `front of mind` and ensure that good practice by clubs, coaches and teachers is supported by parents/guardians.

The following are recommended:

Clothing:

Teachers, coaches, leaders and parent/guardians should be familiar with the types of sun 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.

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

It is a good idea to have some spare items available just in case.

Sunscreen and its application:

- The use of sunscreen should be recommended to all parents/guardians 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/guardians.

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- Consider the provision of a generic consent form which gives permission to a teacher, coach, leader or responsible adult to apply sunscreen should it be necessary.

Don't forget the tricky bits!

B-E-E-N-S is an easy way to remember the tricky bits!

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

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

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.

Shade – If at all possible, avoid the sun between 11am-3pm. Try to make sure 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.

Adults should lead by example and adhere to these recommendations. Research shows that leading by example has a big impact on the children and they will be more likely to do the same.

Extreme Heat – 30°C 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/guardians.

Heat Exhaustion – Signs of heat exhaustion include the following: irritability, fatigue, dizziness, headache, nausea or hot, red and dry skin.

Heatstroke – Heatstroke can develop if heat exhaustion or heat stress is left untreated, but it can also occur suddenly 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 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 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.

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