

## **Extreme Heat Advice for Cricket clubs**

Sun protection guidelines and extreme heat advice for clubs, cricket players, parents and spectators.

Too much sunlight and overexposure to the sun's UV rays can be harmful on the skin and heat can cause dehydration and heat stress. In some causes, it may cause more serious health dangers.

Below are some tips to help you navigate safely through the heat and keep enjoying the game, while staying safe in the sun.

- Warm-up activities are limited in duration and intensity.
- The duration of the activity is reduced.
- Activities start earlier in the morning or later in the evening.
- Rest breaks and opportunities to seek shade, rehydrate and reapply sunscreen are increased.
- Officials are allowed to rotate out of the sun and into shade.
- Player interchange and substitution is used more frequently than usual.
- Activity is held at an alternative venue with more shade.
- Officials and coaches lead by example by wearing sun-protective clothing and hats, applying sunscreen, and seeking shade whenever possible.

**Sun protection guidelines** for those participating, spectating, or working in sport or outdoor recreation. The following specific tips and advice have been developed with the help of the England & Wales Cricket Board.

- Apply a broad-spectrum product with an SPF 30 or higher, paying special attention to your ears and nose, as well as other exposed areas prone to burning.
- Using a sunscreen applicator, stick, or cleaning palms with a small towel and alcohol gel, is a good way to avoid a greasy grip whilst playing.
- Once applied to the skin, reapply sunscreen every 2 hours, or more often if you are prone to excessive sweating, or playing hard!
- Remember to wear a cap, and when fielding a brimmed hat which offers greater protection.
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The following specific tips and advice have been developed with the help of the ECB and the Melanoma fund.  
<http://www.melanoma-fund.co.uk/sunquarding-sport/#sunquarding-sports-specific>

- After the batting helmet comes off, remember to reapply sunscreen (it will be wiped off) and top off with a wide-brim hat.
- Fielding but the sun is in your eye? Wear wraparound sunglasses keep your eyes safe from all angles.
- Wear light clothing that protects arms and legs. Consider flipping the collar up on tops for added protection, and using sun sleeves which provide flexibility when pitching and bowling.
- The sun is strongest between 11am and 3pm so, if possible, look to play/train outside of these hours, particularly on clear, sunny days.
- Get into the habit of applying sunscreen before you start outdoor activity.
- Whilst spectating or waiting for play do so in a shaded area, out of direct sunlight.
- Consider setting up gazebos to protect your team if there is no natural shade available.