



Aston Manor Cricket Club
Founded 1903



Sun Protection

Participating in or spectating outdoor summer sports can mean that we are subjected to 'prolonged sun exposure' from UV rays which without protection, can harm our skin. With just one blistering sunburn doubling the risk of melanoma in later life, it is important that we are all vigilant, and that children learn and deploy good sun protection habits from an early age. Aston Manor is unable to take any responsibility for issues occurring to adults or children due to sun-related issues.

To ensure that awareness is carried out at club level, the ECB proudly supports the Outdoor Kids Sun Safety Code, devised by the Melanoma Fund. The campaign was developed by leading skin cancer specialists, alongside experts in physical education and safeguarding to ensure the information is up-to-date, accurate and relevant.

The ECB recommends that groups and individuals sign up to become Sun Protection Accredited to the campaign. This is FREE to use and once registered you will receive a toolkit of resources which can be used within the club and on your digital platforms to engage with children and seek support from parents.

Here are their top 5 tips:

1. **PREPARE:** Ensure that everyone arrives ready for a day in the sun
2. **PROTECT:** Use clothing, hats/sunglasses, and sunscreen (SPF30+) reapplied at breaks
3. **SHADE:** Avoid direct sunlight during lunch or whilst spectating others
4. **HYDRATE:** Ensure water is always available
5. **LEAD BY EXAMPLE:** Inspire children with your own actions

The campaign also features the Sun-Sorted! quiz which can be used to educate children on the sun, their environment, and their skin, helping them understand why they are asked to protect their skin, making your job easier.

For further details visit: <https://www.melanoma-fund.co.uk/ok-sun-safety-code/>

Aston Manor is an accredited member



THE OK CODE

1. OK Guidelines



Blow the whistle on Sunburn!

THE OUTDOOR KIDS SUN SAFETY CODE was devised by the Melanoma Fund. It is partnered with the Youth Sport Trust, Association for Physical Education (AfPE), Child Protection in Sport Unit (NSPCC) and UK Coaching and supported by over 100 National Governing Bodies of Sport and outdoor organisations.

Following the OK Guidelines is as much about those who work outdoors with children understanding and using sun protection as it is about communicating the key facts to children and their parents/carers. It is important for everyone to work together in a variety of ways to ensure that all children are protected.

There are three core elements to the Outdoor Kids Sun Safety Code:

1. EDUCATION 2. PROTECTION 3. LEADING BY EXAMPLE

“ It only takes a few incidences of sunburn to more than double a child's risk of getting melanoma in later life ”
Paediatric Dermatologist.

1. EDUCATION

To deliver effective sun protection you can make use of the following resources:

- a) The OK Code which includes the OK Guidelines and Practical Advice for those Working Outdoors with Children (read and make available to all staff)
- b) OK Sun Policy (create a set of actions tailored to your activity and resources)
- c) Posters (print and display in a prominent position)
- d) Parents content (to use in your communication)



2. PROTECTION

Clothing and shade should always be the first line of defence underpinned by the use of SPF30+ sunscreen.

Clothing

Teachers, coaches, leaders and parents 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.

Essential kit

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 for each activity.

