**Carina Cricket Club Sun Safety Policy**



**HEAT**

* Players’ health is the primary consideration when scheduling and/or the playing of matches during extreme climatic conditions.
* Carina Cricket Club will apply common sense guidelines to climatic conditions and will cease play under conditions that may be deemed dangerous to players and officials, this is done with use of the Cricket Australia Heat Index which is circulated to all team officials.

**HYDRATION**

* No single recommendation on the volume of fluid to be consumed is appropriate due to the differences in age, body composition, fitness, and varying levels of acclimatisation by players. It is therefore up to the Coach, Team Manager, and players themselves to be responsible to act appropriately to protect players from dehydration.
* Regular and effective drinking practices should become habitual to all players at Carina Cricket Club before, during and after activity.
* Drinks breaks will occur every 30-60 minutes during matches (30 minutes in extreme conditions).
* Water is the most appropriate drink for re-hydration, however diluted cordial or sports drinks may be supplied. Soft drinks are advised against.
* Drinks will to be made available to individual players on request between drinks breaks, but these are to be taken quickly so not to hold up play.
* Players will be required to bring their own water bottle to training and games, as it will reduce risk of contamination.
* Where cups and a large container are supplied, cups should not be dipped into the container and the lid is to remain closed by all kids. Used cups are to be washed before reuse or discarded. Players are not to share cups.

**SUN PROTECTION**

* Appropriate clothing is recommended for all cricketers and umpires - light coloured, loose fitting clothing, preferably with a high SPF rating that protects the skin against sun damage.
* Long sleeve playing shirts are mandated for juniors, and highly recommended for seniors.
* It is recommended that players and officials wear a broad brimmed hat whenever possible.
* We encourage the use of appropriate sports sunglasses by players and umpires to protect eyes from sun glare.
* Sunscreen with an SPF of 30+ is to be used by players and officials at the commencement of a game/practice session and reapplied regularly throughout play.
* When watching games players, officials and supporters should position themselves in shaded areas. Teams will be advised prior to attending a ground with no shade.