



Garboldisham Cricket Club – Sun Protection

Garboldisham Cricket Club (The Club) feels it necessary to raise awareness of the importance of wearing sun cream and sun protection whether members are taking part or just spectating. Especially when it comes to the children *.

(* The word children should be taken to mean all persons under the age of 18)

- Even on a overcast/cloudy day it is advised by the club that sun cream is worn. As outdoor summer sports can mean high risk of exposure causing sun burn (especially children as well as adults can be subject to 'prolonged sun exposure'.)
- Coaches and managers are required to highlight the importance of wearing sun cream (factor 30 or above), hats/sunglasses and to make sure children cover up.
- If parents/carers require more information on sun protection then they should visit www.oksunsafetycode.com . There is also a quiz on this website which can help to educate children if the are struggling with understanding the risk.
- When it comes to applying sun cream to children if the child is unable to do so themselves then parents/carers will have to apply sun cream. However if you have forgotten to bring suncream with you the club will

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have some ask for it at the bar. (Please brand is safe for your child before using).

- Ensure you child is provided with a water bottle for all games and training to prevent them from dehydrating.



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