

SAFETY GUIDELINES & ADVICE TO FOLLOW

Sun protection guidelines for those participating, spectating,
or working in sport or outdoor recreation.

The following advice has been developed using the
melanoma fund's sunguarding sport guidelines.

- 1 Apply a sunscreen product with an SPF 30 or higher, paying attention to ears and nose, as well as other exposed areas prone to burning.
- 2 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.
- 3 Include extra hydration breaks in play – drink often and preferably water as this is the best way to hydrate. Keep a reusable bottle topped up and at hand.
- 4 Keep ice packs on hand to cool down quickly if needed. By placing ice packs against areas where important arteries are located, you will cool down a lot quicker. Sites such as the groin and armpits and wrists are a good place to start as this will help cool the blood and boost the flow to your muscles.
- 5 Once applied to the skin, reapply sunscreen every 2 hours, or more often if you are prone to excessive sweating, or playing hard!
- 6 Remember to wear a hat for greater protection, especially when fielding. Caps and visors may not provide adequate sun protection to the lower face, ears and neck, but can be used in combination with sunscreen.
- 7 When fielding, if there is glare from the sun, try wearing wraparound sunglasses to keep your eyes safe from all angles.
- 8 Ideally, wear light protective clothing. Choose garments with a tight weave as these offer the best protection.
- 9 The sun is strongest between 11am and 3pm so, if possible, look to play/train outside of these hours, particularly on clear, sunny days.
- 10 On a very hot day, start your game at a slower pace and limit your warm up in duration and intensity.
- 11 Get into the habit of applying sunscreen before you start outdoor activity.
- 12 Whilst spectating or waiting for play, do so in a shaded area, out of direct sunlight.
- 13 If there is no natural shade available, consider setting up gazebos, umbrellas or pop up beach shelters for protection.