



## SKIN AND SUN CARE POLICY

Middlesex Schools Cricket/Elite Cricket Performance Academy (ECPA) recognise the danger of the sun and the importance of sun care protocols. It is of high importance to develop and achieve proactive good practice for:

1. Skin care
2. Hydration
3. Body temperature control

It is crucial to recognise and raise awareness over the long-lasting damage caused from exposure to the harmful rays of the sun and the severity of exposure to high temperatures especially during active sporting experiences.

By following a few simple guidelines set out below, good practice can be achieved to reduce the risks associated with playing a summer sport and long hours of exposure to the direct sunlight through a day.

### Guidelines

#### Skin Care

- High factor sun cream (30SPF to 50+ SPF), with high quality UVA protection rating (4 stars and above), not expired or past the used by date, applied 20 minutes before first exposure to the sun.
- Sun cream reapplied after heavy sweating.
- Sun cream reapplied as directed on the product.
- Wearing a hat at all times on high strength sun exposure.
- Wearing appropriate clothing to cover and shade skin as appropriate.

#### Hydration

- Staying hydrated.
- Monitor hydration with frequency of urinating (every 2-3 hours), as well as coloration of urine. Darker urine is indicator of dehydration.

#### Body Temperature Control

- Seeking shade during rest, or non practical learning.
- Reducing duration of high intensity physical exertion in hot conditions.
- Wearing appropriate clothing with cooling qualities.
- Balancing rest and activity levels as needed.

By following the above guidelines with appropriate skincare precautions and good sun care habits, people will reduce the risk of:

- Dehydration and negative impact on health and ability to sustain performance and Concentration.
- Premature ageing.
- Skin infections and skin abnormalities.
- Skin cancer.
- Spikes and unhealthy body temperature with lack of self-regulation on temperature.

**Web:** [www.middlesexschools.cricket.co.uk](http://www.middlesexschools.cricket.co.uk)

**Facebook:** [www.facebook.com/middxschoolscricket](https://www.facebook.com/middxschoolscricket) **Twitter:** <https://twitter.com/middxschcricket>

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Parents/Guardians and participants are responsible for applying the first layer of high SPF factor sunscreen at least 20 minutes prior to activities starting.

During outdoor sessions/games the staff from Middlesex Schools Cricket programme will take all reasonable and appropriate steps to advise each child reapply sun cream to exposed skin – including the face, the tops of ears, neck and back of neck, and exposed arms and legs. This will be done as necessary at natural breaks in the day's activities as required or planned.

Middlesex Schools Cricket staff will **not** directly apply sun cream to any participant. Each participant is to have their own supply of sun cream so that it is readily accessible throughout their time with us.

Middlesex Schools Cricket programme participants will need to keep their water bottle filled appropriately. Water fountains and bottle filling sites will be pointed out to the participants by our staff.

We encourage all participants to communicate openly about their feelings and health. Staff need to be made aware of any ill feelings, as well as be respected with honest answers to questions when asked appropriately. Individual personal needs will be given to those as and when required.

## Additional Information

Warning signs to watch out for:

### Sunburn

- Sore or tender or warm skin
- Blushed pink or red skin
- In extreme cases - blistering

### Dehydration

- Red faced
- Dry skin
- Dry (or sticky) mouth
- Thirst
- Dizziness
- Fatigue
- Dark coloured urine
- Low urine volume, and/or, low frequency of urination.
- Headache

### Over-Heating Body Temperature

- High body temp
- Dizziness and light-headed feeling
- Discomfort above the norm, and or irritability

For any concerns over sun care protocol or execution, please contact a Middlesex Schools Cricket member of staff.

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