

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.

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.

Higher temperatures and sun exposure can lead to:

- 1. Dehydration**
- 2. Heat exhaustion and heatstroke**
- 3. Overheating**

Anyone exposed to the heat can be at risk of these dangers, especially when completing physical activity. However, some children and young people may be more prone. For example, those with existing medical conditions and those on multiple medications may be more vulnerable.

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. [Take the quiz.](#)

Sunguarding Sport - Partaking in outdoor sport is important for our health and wellness, as is being adequately sun protected. Sunguarding Sport is a campaign for individuals, groups, and clubs, to help keep everyone sun safe. [Click here](#)

Sunguarding - a learning journey is designed for student and established sports coaches and outdoor activity leaders. It educates on sun and heat protection and the risks of skin cancer, and how to put this learning into action. [Coming soon](#)

Heatwave advice

Lots of us enjoy the sun and warmer months. However, there are several factors to consider when planning sport and activities for young people which may occur during hot weather. [Read more on the CPSU website here...](#)