A summer of cricket

Keep your club safe when the sun’s out

Each year, as summer comes around, thousands of kids all over New South Wales get ready for the new cricket season. As proud members of their local club, they pull on their whites and start preparing for long, hot, sunny days out on the oval. After hours spent practicing in the nets, many teams are certain they’ve done everything they can to ensure success. But the smart teams, however, have done one more thing. They’ve prepared themselves for the sun.

WAYS TO BE A HEALTHY SPORTS CLUB: Sun Protection

1. Develop and implement a sun protection policy
   Share it with your club’s players, members and supporters. Cancer Council NSW have a sample policy you can use to get you started.

2. Provide adequate shade for players and spectators
   Promote the use of it at training, competitions and events.

3. Provide free sunscreen and promote its use
   Like shade, have it available at training, competitions and events.

4. Regularly share sun protection information
   Players and their families need to know the importance of sun-safety throughout the season.

5. Encourage cricket coaches and officials to get involved
   They can role model sun safe behaviours and promote sun safe practices for players during training and games.
Sun Protection

Top tips to be a sun safe club

Seek shade whenever you can.
Shade coverage is one of the best ways to protect yourself from the sun and skin cancer. Good-quality shade can reduce your UV exposure by up to 75% - so get some for your club. You can also use it in conjunction with other sun safe behaviour to provide maximum protection against UV radiation. Types of shade to look for include: permanent structures, demountables, off-the-shelf structures and natural vegetation.
Where possible, stay in the shade during peak UV times of 10am–2pm (11am–3pm daylight saving time). Otherwise, make sure you follow all other sun-safe behaviours.

Slide on a pair of sunnies that meet Aussie safety standard and fit your face well.
UV radiation causes both short and long-term eye problems, including: excessive blinking, swelling and difficulty looking at strong light. It can also cause cancers and acute photo keratopathy, which is sunburn of the cornea.
You can reduce your risk with a pair of “category 2” sunglasses that meet Australian Standard AS/NZS 1067:2003 and have an eye protection factor (EPF) of 10. These sunnies absorb 99% of UV radiation and keep your eyes safe from harm. They don’t have to be expensive either, so every club member should wear a pair.

Slop on SPF30+ or higher broad-spectrum water-resistant sunscreen.
Zinc and sunscreen protect against the damaging effects of the sun by reducing the amount of UV rays that reach the skin. It doesn’t provide 100% protection (so use it in conjunction with other sun-safe behaviours) but it does reduce your chances of developing skin cancers. Just make sure you all slop it on generously to all exposed skin 20 minutes before you go out to play and remember to reapply every two hours.

Slip on clothing that covers your shoulders, arms and legs.
Clothing that covers as much skin as possible (like a long sleeved collared shirt, broad brimmed hat and long trousers) is one of the most effective ways to protect your skin. Especially if the clothing is baggy, made of tightly woven fabric and has an ultraviolet protection factor (UPF) of 15 or higher.
Take a look at your club uniform and make sure it makes the grade.

Slap on a broad-brimmed hat that protects your face, ears and neck.
What’s a broad-brim? At least 7.5cm for adults and 6cm for children. Enough to cover your face, head, neck, ears and eyes - the most common places for skin cancer to develop. And remember: this is cricket, so leave the baseball caps at home. They leave your neck and ears dangerously exposed.
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The dangers of UV radiation

Spending time on the cricket pitch when the UV rating is 3 or above, increases your risk of melanoma - the most dangerous type of skin cancer. Download the free SunSmart app (pictured above) and use it before each game to check the UV rating for the day. When the UV is 3 or above ensure players, coaches, officials and spectators protect themselves from skin cancer.

IN AUSTRALIA, ALMOST TWO-THIRDS OF THE POPULATION WILL BE DIAGNOSED WITH SKIN CANCER AT SOME POINT IN THEIR LIVES.

Average summer UV index levels

- Extreme
- Very high
- High
- Moderate
- Low

When UV is 3 or above, sun protection is a priority

Remember to slip, slop, slap, seek and slide.