



City of Cambridge CC

Sun Safety Policy

Taking part, or watching, outdoor summer sports can mean that young skin is subjected to 'prolonged sun exposure' which can result in sunburn, **even on a cloudy day**.

CCCC are actively committed to ensure active sun protect for children in our care.

We encourage and expect that parents and carers will

- Provide a sunhat
- Provide sun cream (factor 30 or above) before practise and for match play. Coaches and volunteers will not be able to apply this to your children.
- Cover up as needed
- The coaches will ensure that the children also get frequent breaks to rehydrate. There are water fountains available on site but we also advise each child to be provided with a water bottle.
- If at any time a coach believes your child is overheated and needs a break, they will be asked to sit out in a shaded area.

If you have any concerns, please contact the Club Welfare Officer.