

Blow the whistle on sunburn!

Our 5 key rules:



PREPARE:

Ensure that everyone arrives ready for a day in the sun



PROTECT:

Use clothing, hats/sunglasses and sunscreen (SPF30+) reapplied at breaks



SHADE:

Avoid direct sunlight during lunch or whilst spectating others



HYDRATE:

Ensure water is always available



LEAD BY EXAMPLE:

Inspire children with your own actions

