



Greenfield Cricket & Social Club
Fluid Intake & Sun Smart 2024

GC&SC New Policy June 2023/Author Cath Knowles Safeguarding Officer



GREENFIELD CRICKET & SOCIAL CLUB (Established 1899)
Ladhill Lane, Greenfield, Saddleworth OL3 7JW Tel: 01457 871378

Website: www.greenfieldcc-play-cricket.com

Twitter: <https://twitter.com/Greenfield Cricket> Email: greenfieldcc@hotmail.co.uk

Fluid Intake and Sun Smart Advice for Parents, Carers and Members

Fluid Intake- Importance of Drinking Water – since water is so important, you may wonder if you are drinking enough. There is no set amount of water a child needs to drink every day, but when it is warm out or you are exercising, you'll need more. Be sure to drink some extra water when you are out in warm weather, especially while playing sports or exercising.

Dehydration- is when your body doesn't have enough water. Becoming dehydrated can keep you from being as fast or as sharp as you would like to be. It is also important to know that dehydration can make you sick. Increased thirst, a dry mouth, feeling tired or sleepy, low energy levels, a decreased urine output which is low in volume and more yellowish in colour are all signs and symptoms of dehydration.

Steps to undertake

- Don't forget your water bottle; you can't play your best when you are thinking about how thirsty you are.
- When you drink is important. If you are going to sports practice, a game, or just working out or playing hard, drink water before, during and after playing.
- Regular intervals for drinks should be arranged, particularly in matches of more than 20 overs per innings, or in hot weather.
- Breaks should be planned in practice sessions and matches every 30-40 minutes on warm sunny days. (On hot days players can need up to two or three litres each to stay fully hydrated)

Safe Playing and Sun Smart Advice

- Proper protective equipment is to be used during all training sessions and games.
- Bring a coat/jacket to all sessions and games.
- Under 18's must wear a helmet and protective box at all times when batting. This is not negotiable and includes *casual* practice sessions.
- Stretches and warm- ups should be performed prior to taking the field, stretches and warm-downs should be performed after taking the field.
- An unfit / injured player should not take the field.
- Wear an appropriate hat –cricket cap or wide brimmed hat
- Wear a shirt with a collar
- Apply sunscreen on all exposed skin before play, re-apply as necessary throughout the day.
- Follow fluid intake advice.

NB: The Committee of Management shall have power to refuse the subscription of any person or expel any Official or member if they consider that the best interests of the Club will be served thereby. The decision of the Committee shall be final and conclusive, and they shall not be bound to give any reason for such decision.