**Marcellin Old Collegians Cricket Club Sunsmart Policy**

Player health must be the first consideration when deciding on proceeding with a cricket activity at MOCCC.

The Coach, Team Manager or Captain is responsible to act appropriately so as to protect players from dehydration due to a lack of fluids and protection from the sun. Common sense must be applied with regards to climatic conditions. No single recommendation on the volume of fluid to be consumed is appropriate due to the vast differences in body composition, fitness and states of acclimatisation represented in different players. Regular and effective drinking practices should become habitual to all players at MOCCC before, during and after activity.

The following guidance is provided with regards to hydration practices at MOCCC:

* Drinks breaks should occur every 30 - 60 minutes during matches (30 minutes in extreme conditions)
* Water is the most appropriate drink for re-hydration, however diluted cordial or sports drinks may be supplied. Soft drinks are not recommended.
* Drinks are to be made available to individual players on request between drinks breaks but these are to be taken quickly and not unduly hold up play.
* Players should be encouraged to have their own drink bottles. This will reduce the risk of contamination and viruses.
* Where cups and a large container are supplied, cups should not be dipped into the container. Used cups are to be washed before reuse or thrown away.
* Players are not to share cups.

The following guidance is provided with regards to Sun Protection for players and supporters:

* Players should wear a broad brimmed hat wherever possible whilst in direct sunlight.
* When watching games players and supporters should position themselves in shaded areas.
* Sunscreen with an SPF 30+ is to be used by all players at the commencement of a game or practice and reapplied as appropriate throughout the session.
* Long Sleeved shirts are recommended.
* The wearing of appropriate sports sunglasses is encouraged when fielding so as to protect the eyes from glare.