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Kent Cricket

Extreme Weather and Sun Care Guidance

Introduction

The following guidance are intended for use in the event of extreme heat warnings and to help facilitate relevant stakeholders' planning and decision making in relation to ensuring the welfare of players, match officials, staff and spectators. Extreme heat events appear increasingly likely now with a 1 in 10 chance of each summer meeting or exceeding previous records. This primary purpose of this document is to signpost stakeholders' to supporting documentation to best assist with preparing and playing in these extreme weather conditions.

Initial documentation to support is via the links below.

<https://www.gov.uk/government/collections/hot-weather-and-health-guidance-and-advice>

<https://sgsa.org.uk/planning-for-extreme-heat>

<https://www.ecb.co.uk/news/2648131/sunguarding-sport-advice-to-stay-safe-this-summer-in-the-sun>

Extreme Heat

Extreme heat conditions are by definition, those that are hotter and / or more humid than normal local summer thresholds. A heatwave is when these temperatures last three days or more. In the UK, average summer temperatures do not regularly exceed 28°C. However, much higher temperatures are now being experienced in the UK, with temperatures of 40°C experienced across the country last summer (2022). In addition, each ground will have its own degree of 'stillness' and radiant heat properties, which may generate even higher temperatures in the shade. Therefore, local risk assessment needs to be considered in addition to weather forecasts.

<https://www.metoffice.gov.uk/weather/warnings-and-advice/seasonal-advice/heat-health-alert-service>

Cricket Activity / Heat / Sun Exposure

Cricket is routinely played, around the world, in the hottest months of the year and not uncommonly in extreme heat and humidity. However, cancellation of cricket is extremely rare even though the impact of heat on players and subsequent mild 'heat illness' is not uncommon.

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Playing Conditions in Extreme Heat

The ECB may issue further guidance in advance of extreme heat, but all venues, teams, and match officials should consult on plans issued by the leagues/organisers to mitigate the impact of such extreme events.

Planning and Welfare

Having strategies in place in advance provides the best chance of ensuring player, match official, staff, and spectator welfare. This may include increased and/or longer drinks breaks, which can help both on and off the field. In addition, consideration for a longer lunch and/or tea and potential to leave the field for drinks. There is an ability for an umpire to suspend play or not allow it to start if the umpire considers that the conditions are either dangerous or unreasonable.

Pre-Match: In the week / days before, or morning of a game, check the forecasted ambient temperature, both actual and 'feels like', and UV index. Decisions on changing timings need to be made by midday the day before.

During the match: If weather conditions change unexpectedly during the match, consider immediate extreme heat management intervention.

Drinks intervals: A minimum of one drinks' interval per session will be scheduled (Umpires will liaise with Captains on the day to confirm). With multiple breaks to be considered.

Hours of play: Should both teams agree, the hours of play in the match, which may be shortened on day(s) extreme heat. Timings will be determined at the time when the specific circumstances are known.

Risk Control

Extreme heat, sun and UV exposure, and associated health hazards should be considered in your health and safety risk assessment at your club. Consider risks associated with:

1. Particularly vulnerable roles such as grounds management and stewarding.
2. Particularly vulnerable people (younger, older people with health conditions that increase risk).

Risk control measures that can be used:

- Reducing exposure,
- More frequent rotation of players,
- Correct provision and use of personal protective equipment, clothing, eye protection and skin protection,

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- Maintain hydration with access to drinks,
- Provision of shade and cooled spaces and
- Monitoring and supervision.

Useful resources to assist with your risk assessment and the management of risk:

<https://www.hse.gov.uk/temperature/>

<https://www.hse.gov.uk/skin/employ/sunprotect.htm>

<https://www.hse.gov.uk/skin/sunprotect.htm>

<https://resources.thegma.org.uk/node/833>

[https://www.melanoma-fund.co.uk/wp-content/uploads/2021/04/The OK Code 2021.pdf](https://www.melanoma-fund.co.uk/wp-content/uploads/2021/04/The_OK_Code_2021.pdf)

Additional Information on Heat Illness

The NHS provides some simple advice and guidance on recognition and management of heat illness:

<https://www.nhs.uk/conditions/heat-exhaustion-heatstroke/>

Symptoms and Signs of Heat Illness / Heat Exhaustion / Heat Stroke

- tiredness
- dizziness
- headache
- feeling sick or being sick
- excessive sweating and skin becoming pale and clammy or getting a heat rash, but a change in skin colour can be harder to see on brown and black skin
- cramps in the arms, legs, and stomach
- fast breathing or heartbeat
- a high temperature
- being very thirsty
- weakness

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