



CCB EXTREME WEATHER GUIDELINES

FOR THE RECREATIONAL GAME

- PROTECT OUR PEOPLE
- PLAN AHEAD
- PLAY SAFELY

BE PREPARED. STAY SAFE. LOOK AFTER EACH OTHER.

These guidelines provide practical steps to help everyone – players, officials, volunteers, spectators and staff – stay safe in extreme heat and thunderstorms.



EXTREME HEAT

Extreme heat is hotter and/or more humid than normal local summer conditions. High temperatures, humidity and UV exposure can cause serious illness.

SIGNS OF HEAT EXHAUSTION



Tiredness



Dizziness / headache



Feeling sick or being sick



Excessive sweating



Pale, clammy skin



Heat rash



Cramps in arms, legs or stomach



Fast breathing or heartbeat



High temperature



Very thirsty



Feelings of weakness



HEATSTROKE IS A MEDICAL EMERGENCY

Symptoms include: very high temperature, hot skin (no sweating), fast breathing & heartbeat, confusion, restlessness, seizure (fit) or loss of consciousness.

GET IMMEDIATE MEDICAL HELP – CALL 999

MATCH DAY & WELFARE



PRE-MATCH – PLAN AHEAD

- ✓ Include weather in your risk assessment.
- ✓ Check the forecast, Heat-Health Alert and UV index.
- ✓ Consider air pollution forecast.
- ✓ Plan for shade, hydration and cooling aids.
- ✓ Consider starting later, shortening or re-arranging the fixture if needed.



DURING THE MATCH – ON FIELD

- ✓ Stay hydrated – drink water regularly.
- ✓ Protect from sun – caps/hats, long sleeves, sunglasses, sunscreen.
- ✓ Take longer, more frequent drinks breaks.
- ✓ Use shade or create a 'cool area'.
- ✓ Monitor others for signs of heat illness.
- ✓ Suspend the match if conditions become dangerous or unreasonable.



OFF FIELD – SPECTATORS & OFFICIALS

- ✓ Provide shade for spectators, scorers and waiting players.
- ✓ Ensure access to cold water and cooling aids.
- ✓ Check on others and look out for signs of heat illness.



SUN PROTECTION

- 1 Use broad-spectrum sunscreen SPF 30+ on all exposed skin.
- 2 Apply 20 minutes before going outside and reapply regularly.
- 3 Wear a cap or wide-brim hat, sunglasses and long sleeves.
- 4 Seek shade during breaks and between innings.



HYDRATION & COOLING



Drink water regularly throughout the day – don't wait until you feel thirsty.



Take frequent drinks breaks and encourage others to do the same.



Use cooling aids such as ice, ice towels and shade to help reduce body temperature.



Wear light, breathable clothing where possible.



THUNDER & LIGHTNING



Monitor the forecast and be alert to changing conditions.



If you see lightning or hear thunder, seek shelter immediately.



Move to a safe building or enclosed vehicle.



Wait at least 30 minutes after the last thunder before returning to the field.



WHEN THUNDER ROARS, GO INDOORS!



IN AN EMERGENCY

If someone is unwell or you are concerned about their health:



Call 999 for a medical emergency



Call NHS 111 for urgent health advice



Inform a club official immediately



LOOK OUT. SPEAK UP. SAVE LIVES.

By planning ahead, staying hydrated and looking after each other, we can enjoy cricket – whatever the weather.

#PlaySafe #StayCool #CCB