If you do nothing else

1. **PREPARE:**
   Ensure that everyone arrives ready for a day in the sun.

2. **PROTECT:**
   UPV clothing, hats/sunglasses and sunscreen (SPF30+) reapplied at breaks.

3. **SHADE:**
   Avoid direct sunlight during lunch or whilst spectating others.

4. **HYDRATE:**
   Ensure water is always available.

5. **LEAD BY EXAMPLE:**
   Inspire children with your own actions.

For further information visit www.oksunsafetycode.com