

## Sun Safety Code

The aim of this sun safety policy is to protect members from skin damage and other harmful effects caused by the ultraviolet radiation from the sun.

The main elements of this policy are:

- Protection: providing an environment that enables members to stay safe in the sun.
- Education: learning about sun safety to increase knowledge and influence behaviour.
- Partnership: working with parents and the wider community to reinforce awareness about sun safety and promote a healthy tennis venue.

We recognise the importance of protection against the potential harmful effects of the sun.

While this is relevant to all players, it is particularly important for our junior members.

We recommend reading and following the Outdoor Kids Sun Safety Code, and the following simple guidance is extracted from that code:

- Clothing is the best form of defence - children should wear long sleeved shirts, caps and sunglasses.
- We recommend the use of SPF30+ sunscreen - don't forget the hard to reach places: backs of knees; ears; eye area; neck and nose; scalp.
- All children should bring water bottles and should be encouraged to drink regularly.
- Avoid playing in extremes of heat, for example temperatures over 30 degrees C.
- Look out for signs of heat exhaustion - fatigue, dizziness, headache, nausea or hot, red and dry skin.

Coaches should lead by example.

\* Players with Asthma, breathing difficulties or other relevant health conditions should avoid high levels of physical exertion in the heat.

Guidance to coaching staff on ways to manage the heat safely and help get the message across:

1. Read the Outdoor Kids Sun Safety Code yourself, and lead by example taking precautions against high temperatures and effects of the sun, using protection and drinking water regularly.
2. Pay special attention to children with disabilities and learning difficulties.
3. Talk about sun protection in a positive, engaging and fun way.
4. Have a Q&A session, asking kids what they know about the sun. Clothing and eye protection should be the first line of defence.
5. Make a judgement as to the temperature on the courts and make arrangements for breaks in cooler or shady areas where possible.
6. Remind kids that they can burn even on cloudy days in summer.
7. Encourage players to drink water and ensure there are regular breaks for them to do so.
8. Plan lessons carefully to avoid dehydration. In extreme weather, coaching should not last for more than 20 minutes when players should be brought under shade, given time to rest and drink water.
9. Sunbathing is definitely discouraged.
10. Make sure the Sun Safety Policy is working.

We will regularly review the sun safety behaviour of our young people and staff (use of hats, shade etc).