

Aberaeron Sports Club

Sun Safety Guideline

The ASC Management Committee recognises the potential harmful effects of the sun and the need for protection.

While this is relevant to all players of both bowls and tennis. It is especially important for juniors, but adults should also take note.

We recommend reading and following the NHS Choices sun safety advice.

<https://www.nhs.uk/Livewell/skin/Pages/Sunsafe.aspx#safety>

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

Make sure you:

- spend time in the shade between 11am and 3pm
- make sure you never burn
- cover up with suitable clothing and sunglasses
- take extra care with children
- use at least factor 15 sunscreen and consider factor 30

In addition:

- all players and spectators should be encouraged to drink regularly
- avoid playing in extremes of heat, for example temperatures over 30C
- look out for signs of heat exhaustion - fatigue, dizziness, headache, nausea or hot, red and dry skin
- adults should lead by example
- competition organisers and officials should consult the current LTA guidelines

Reviewed: October 2022

Next review: October 2025