



Ashby Castle Lawn Tennis Club

Sun Safety Policy

Aims

The aim of this sun safety policy is to protect members of the club from skin damage caused by the harmful UV rays of the sun.

The main elements of this policy are:

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

Education

- Educate players on coaching courses and camps about the causes of skin cancer and how to protect their skin.
- Encourage coaches to act as good role models by practising sun safety.
- This policy will be published on the ACLTC website so that the information is easily accessible to all.

Protection

- **Covering Up**
Encourage members to wear clothes and hats that provide good sun protection.
All coaching staff will also wear hats when on duty during hot weather.
- **Sun Cream**
Encourage members to wear sun cream.
Parents should apply sunscreen to their child before coaching / camp and also send them with a named bottle of sunscreen in their bag so it can be reapplied during the day. We recommend using as high an SPF as possible.

- **Drink Plenty**

Coaches should encourage players to drink water and ensure there are regular breaks for them to do so.

- **Shade and Rest**

Encourage players to use shady areas during breaks.

In hot weather, players with asthma, breathing difficulties or other relevant health conditions should avoid high levels of physical exertion.

In rare cases, extreme heat can cause heatstroke.

Symptoms to look out for are:

Cramp in arms, legs or stomach, feeling of mild confusion or weakness.

- If anyone has these symptoms, they should rest for several hours, keep cool and drink water or fruit juice.
- If symptoms get worse or don't go away medical advice should be sought. NHS non-emergency is available on 111, and on 999 for emergencies.

If you suspect a member or player has become seriously ill, call an ambulance. While waiting for the ambulance:

- If possible, move the person somewhere cooler.
- Increase ventilation by opening windows or using a fan.
- Cool them down as quickly as possible by loosening their clothes, sprinkling them with cold water or wrapping them in a damp sheet.
- If they are conscious, give them water or fruit juice to drink.
- Do not give aspirin or paracetamol.