



Blairgowrie Tennis Club

Sun Safety Policy

Contents

Introduction	1
Education	1
Signs of Heat Exhaustion	2
Signs of Dehydration	3
What Happens If This Policy Gets Changed?	4
HOW YOU CAN GET IN TOUCH	4
REVISION CONTROL/CHANGE HISTORY	4

Introduction

Blairgowrie Tennis Club (referred to in this document as 'BTC', 'the Club', we, our, or us) promotes sun safety at all times, and wants all participants to be protected from the harmful UV rays of the sun. This includes during free play, matches, and coaching. This policy provides guidance on how to minimise risks.

Contact BNTCsecretary@gmail.com if you have any questions.

Sun Safety Policy

There is a higher risk of heat exhaustion or heat stroke during hot weather or exercise but this can be avoided by following a few simple steps. Blairgowrie Tennis Club acknowledges the importance of sun protection and will work with everyone including children and parents to achieve this through education and advice.

Education

All coaches will be advised about being sun sensible at the start of each spring and summer term. This policy will be published on BTC's website explaining what we are doing about sun protection and how everyone, including parents, can help.

<https://www.nhs.uk/conditions/heat-exhaustion-heatstroke/>

<https://oksunsafetycode.com/>

Signs of Heat Exhaustion

Headache	Fast breathing or pulse
Dizziness and confusion	Intense thirst
Loss of appetite and feeling sick	Temperature of 38C or above
Excessive sweating and pale, clammy skin	Floppy and sleepy
Cramps in the arms, legs and stomach	

If someone is showing signs of heat exhaustion, they need to be cooled down.

Follow these 4 steps to cool someone down

1. Move them to a cool place.
2. Get them to lie down and raise their feet slightly.
3. Get them to drink plenty of water. Sports or rehydration drinks are okay.
4. Cool their skin – spray or sponge them with cool water and fan them. Cold packs around the armpits or neck are good too.
5. Stay with them until they are better.

They should start to cool down and feel better within 30 minutes.

Call 999 if the person:

- is no better after 30 minutes
- feels hot and dry
- is not sweating even though they are too hot
- has a temperature that's risen to 40C or above
- has rapid or shortness of breath
- is confused
- has a fit (seizure)
- loses consciousness
- is unresponsive

These can be signs of heat stroke.

While you wait for help, keep giving first aid and put them in the recovery position if they lose consciousness.

Preventing heat exhaustion

1. drink plenty of cold drinks, especially when exercising
2. take cool baths or showers
3. wear light-coloured, loose clothing
4. sprinkle water over skin or clothes
5. avoid the sun between 11am and 3pm
6. avoid excess alcohol
7. avoid extreme exercise

This will also prevent dehydration and help your body keep itself cool.

Signs of Dehydration

Dehydration means your body loses more fluids than you take in. If it isn't treated it can get worse and become a serious problem. Babies, children and the elderly are more at risk of dehydration.

- feeling thirsty
- dark yellow and strong-smelling pee
- feeling dizzy or lightheaded
- feeling tired
- dry mouth, lips and eyes
- peeing little, and fewer than 4 times a day

Dehydration can happen more easily if you have:

- diabetes
- vomiting or diarrhoea
- been in the sun too long (heatstroke)
- drunk too much alcohol
- sweated too much after exercising
- a high temperature of 38C or more
- been taking medicines that make you pee more (diuretics)

Preventing or Managing Dehydration

- Drink fluids when you feel any dehydration symptoms. Keep taking small sips and gradually drink more if you can.
- You can use a spoon to make it easier for your child to swallow the fluids.
- You should drink enough during the day so that your pee is a pale clear colour.
- Drink when there is a higher risk of dehydrating. For example, if you're vomiting, sweating or you have diarrhoea.

Protection - Covering up:

Children should wear wide-brimmed hats or sports caps that shade as much of the ears, face and neck while outdoors.

All coaches, volunteers and staff should also wear hats when on duty during hot weather and lead by example.

Creaming Up:

Sunscreen use will be encouraged at all times during coaching and camp activity.

Coaches will be provided with extra sunscreen in case children forget their own.

Parents should apply sunscreen before their child arrives for coaching or camp, 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.

Keeping Hydrated:

We will make sure drinking water is available and encourage children to drink regularly during hot weather.

Timetabling:

Our summer camps in particular are all-day and sometimes during the hottest part of the day. We will ensure hats, clothing, and sunscreen are all worn to help prevent sunburn.

If a child appears to be suffering from dehydration or any other issues related to heat or sun exposure, the responsible coach will inform the parent or carer immediately.

What Happens If This Policy Gets Changed?

The most up-to-date policy version is available on ClubSpark.

HOW YOU CAN GET IN TOUCH

You can get in touch with one of our team by emailing BNTCsecretary@gmail.com. If you have any queries about this policy, in the first instance you can email GovernanceBTC@gmail.com.

Approved by	President: Shirley Davidson	Club Welfare Officer: Áine Fitzgerald
Date	1/4/24	1/4/24

Next review date: 3 yearly or as required

REVISION CONTROL/CHANGE HISTORY

Revision Date	Changes/Reason for change
Sept 2018	Original release for GDPR compliance
Nov 2020	Minor editorial changes. Addition of OK website.
Mar 24	Policy review – new CWO contact details.

