



BROSELEY
TENNIS CLUB

Sun Safety Policy

We recommend following the simple guidance below:

- Clothing is the best form of defence - juniors should wear long sleeved shirts, caps and sunglasses.
- Use sunscreen of SPF30+, not forgetting the hard to reach places.
- All juniors should bring water bottles and should be encouraged to drink regularly.
- Play should be avoided in extremes of heat.
- Look out for signs of heat exhaustion - fatigue, dizziness, headache, nausea or hot, red and dry skin.

It is the responsibility of parents/carers to ensure children come to the club wearing appropriate clothing/headgear and high factor sunscreen.

Coaches will work with this policy in mind.