



Cocks and Hens Cambridge Tennis

SUN SAFETY POLICY

The Management Committee recognises 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.

Parents/guardians should provide their children with appropriate clothing for the weather and ensure they have an adequate application of a high-factor sun screen product to last for the estimated time of play. Please note that coaches are not expected to apply sunscreen products.

We recommend reading and following the [Outdoor Kids Sun Safety Code](#). 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
- All children should bring water bottles and should be encouraged to drink regularly
- Avoid playing in extreme heat, for example temperatures over 30°C
- Look out for signs of heat exhaustion - fatigue, dizziness, headache, nausea or hot, red and dry skin

COACHING STAFF

Coaches should lead by example. The following is guidance to coaching staff on ways to help get the message across:

- Read the Outdoor Kids Sun Safety Code yourself
- Pay special attention to children with disabilities and learning difficulties
- Talk about sun protection in a positive, engaging and fun way
- Clothing and eye protection should be the first line of defence
- Remember the "hard-to-get-to" places - backs of knees; ears; eye area; neck and nose; scalp
- Remind kids that they can even burn on cloudy days in summer