

SUN AND HEAT POLICY AND PROCEDURES

Updated 15/07/2022



In terms of what we ask from you as a pupil or parent in every session whenever it is hot even when overcast we ask:

- Pupils wear suitable clothing - ideally a T shirt that covers the shoulders
- Pupils wear a hat
- Pupils wear sunscreen (if unable to do so please let us know, but please look for alternatives)
- Pupils have plenty to drink

We will make sure:

- Pupils have plenty of drinks breaks
- Pupils actually drink their drink
- Pupils have rest breaks in the shade where possible
- Sessions are modified to less intensive training

The Excel Tennis Academy is Sun Protection Accredited, and will be following guidelines from the Outdoor Kids Sun Safety Code. If you need to discuss individual requirements or medical issues, please contact us via the usual channels

The LTA and many other NGBs have worked with the Melanoma Fund to create advice for parents, pupils and coaches.

Sun Time

- It is easy to plan a 10-minute training session, which then turns into a couple of hours – and sunburn – so get into the habit of applying sunscreen before you start an activity.
- Sun protection is recommended from March until October, with the early days of spring a prime time for sunburn.
- The sun's ultraviolet (UV) radiation can't be seen or felt. Whatever the weather, it's important for people of all skin types to use sun protection whenever the UV index is 3 or above.
- UV rays penetrate cloud and haze. The weather can also fluctuate and catch you out, so always be sun prepared for outdoor activity.

Sunscreen

- Use an SPF30+ broad-spectrum product, paying special attention to your ears, nose and other areas which are prone to burning.
- If your grip is important, use a sunscreen applicator or keep a small towel or alcohol wipe handy, as these are good ways to avoid greasy hands.
- To avoid product running or sweating into eyes, apply a non-greasy formulation 20 minutes before any activity.

- If using technical protective equipment, be sure to apply a non-greasy sunscreen formulation in advance to avoid the product compromising effectiveness.
- Reapply sunscreen every 2 hours, or more often if you are prone to excessive perspiration or are around water.
- Wraparound sunglasses are great for sport as they provide a more secure fit and offer the best all-round protection.
- Apply a generous amount of sunscreen, which is a little more than you think, and take time to rub it in.
- Perspiration can remove even a 'once a day' product, so remember to re-apply it during the day.
- Hands are highly exposed and vulnerable to the sun, so remember to reapply sunscreen after washing.
- Most sunscreens have a three-year shelf life, but the more the bottle is opened and closed, the more likely contamination can enter the bottle and hasten degradation.

Protective Clothing

- Always wear a hat. Your forehead, scalp and ears are vulnerable areas, so wear something with a legionnaire flap at the back or ideally a wide brim.
- Caps and visors may not provide adequate sun protection to the lower face, ears and neck but can be used in combination with sunscreen.
- Where possible, wear clothing that protects arms and legs; ideally, choose garments with a tight weave as these offer the best protection.
- When the day heats up, it is a natural impulse to remove clothing, which can mean exposing skin that has not been sun-protected, so re-apply sunscreen to these areas.
- Sun-protective clothing and hats should be included as part of on and off-field kit for officials and volunteers.
- Tops should be lightweight and made from tight weave material and have long sleeves.
- Where sports kit does not provide adequate sun protection, participants should be reminded to apply SPF30+ broad-spectrum, water-resistant sunscreen to all exposed skin and wear clothing whilst not participating.

Shade

- When not actively playing, between individual events or whilst spectating, participants should seek shade.
- Where there is insufficient natural or built shade, temporary shade structures should be provided, or participants are notified to bring their own e.g., gazebos or umbrellas.
- Shade from buildings, trees and other structures can be used where possible (e.g., for player interchange, marshalling areas, spectator areas), but be aware that the sun moves!
- Ensure marshalling, interchange and presentation ceremony areas are protected by shade.
- Where shade is not possible, participants and officials should regularly rotate to cooler, shaded areas.
- Not only does shade give you a reprieve from the heat, but it can also help to protect you from the sun's harmful ultraviolet (UV) rays.
- As a general rule, the more open sky one can see from under a shade structure, the higher one's exposure to indirect UV rays.
- Seeking shade plus using sunscreen or wearing sun-protective clothing is the best practice to limit cancer-inducing sun damage.
- Trees and awnings may provide shade when the sun is overhead, but less as it rises and sets, allowing UV rays to hit you from different angles.

General Sun Sense

- It's easy to plan a 10-minute training session, which then turns into a couple of hours – and sunburn – so get into the habit of applying sunscreen before you start an activity.
- When preoccupied in activity, adding a timer on a phone or watch to re-apply sunscreen can work as a reminder.
- Drink often and preferably water as this is the best way to hydrate. Keep a reusable bottle topped up and at hand.
- Keep a light, damp towel at hand to cool off, and protect the neck, but remember to re-apply sunscreen afterwards.
- Whilst waiting around, if possible, seek shade, or use the time to reapply sunscreen.
- The UV Index scale is a great tool to tell you how quickly sunburn can occur. When the UV index hits 3, use sun protection and watch out for surfaces such as sand or snow which reflect UV rays and increase your exposure.

Heat Related Illness

- Sun protection isn't just about sunburn, but also heatstroke and heat exhaustion, and as such the following advice will help identify and prevent problems:
- Those suffering from heat stress will show general signs of discomfort (including those listed below for heat exhaustion).
- These signs will worsen with physical activity or, if left untreated, can lead to heat exhaustion or heatstroke.
- Heat exhaustion symptoms include irritability, fatigue, dizziness, headache, nausea, or hot, red and dry skin.
- Heatstroke can develop if heat exhaustion or heat stress is left untreated, but it can also occur suddenly and without warning.
- Sweating is an essential means of cooling and once this stops there is a risk of developing heatstroke.
- The following steps to reduce body temperature should be taken at once:
- Move the person to as cool a location as possible.
- Sponge with cool, (not cold) water and, if available, place cold packs around the neck and in the armpits.
- Place the person near a fan.
- If the person shows signs of confusion or loses consciousness, place in the recovery position and follow the steps above.
- In both cases, call for emergency medical assistance.

Sunburn

Sunburn should be avoided however, if affected, the following advice should help:

- Sunburned skin must always be protected from further exposure to the sun. So, it's better to cover up with clothing or take a break for a day.
- If the skin blisters or symptoms such as fever and nausea are apparent, a GP should be consulted immediately. Not only may severe burns have occurred, but also sunstroke.
- A skin-soothing cream should be applied to the affected areas to help cool and heal.
- Regardless of the treatment, the affected skin needs to be cooled. PLEASE NOTE: Do not put ice directly on the skin (can lead to frostbite) but apply cold compresses instead.
- Dehydrated skin can be helped by moisturising it from the inside, so drink plenty of fluids – preferably water.

Vitamin D

It is widely acknowledged that some exposure to sunlight is needed to maintain healthy reserves of vitamin D in the body, this is essential for the absorption of calcium. The question is, 'How much?'

- In general, 10 to 15 minutes exposure to the face and arms as a minimum; but always less than the amount of time needed for the skin to redden or burn.
- Two or three times a week in the summer months is adequate.
- Darker skin absorbs sunlight more slowly and can be exposed more frequently to ensure adequate absorption; but again, less time than it would take to burn.
- Some vitamin D is still produced even when sunscreen is applied.

Remember:

The vitamin D produced in the summer months keeps you healthy in the winter months when the UK sun is not strong enough to generate adequate vitamin D. For those at risk, diet and supplements should be considered.

Anyone who may be at risk of vitamin D deficiency due to complex health issues or complications arising from medication should be advised to consult their GP.

Remember to Skin Check

Getting to know your skin by regularly checking it for signs of skin cancer or changes is a great habit to get into. Ideally you should carry out examinations once a month as part of your health and wellbeing routines. To find out how to check yourself and what to look out for visit [HERE](#).

Alternatively, schedule a regular professional check-up, to follow your skin's progress and catch anything out-of-the-ordinary in good time. If you do spot something that concerns, visit your GP immediately.

More Resources:

Educate and inform
(ensure children know
these facts)

KEY SUN PROTECTION ADVICE FOR WORKING OUTDOORS WITH CHILDREN



1

Being outdoors is fun and healthy, but wear sun protection from March onwards.

2

Avoid sunburn; it's painful, damaging and doesn't look great!

3

Sun protection includes; clothing, hats, sunglasses, SPF30+ sunscreen, water and shade.

4

The sun is at its hottest and most damaging between 11am and 3pm.

5

You can still get sunburn on a cloudy day.

6

If you spot sunburn developing on anyone else, let them know.

7

Look after your skin, and it will look after you.

8

Remind adults to sun protect if they forget!

For further information visit
www.melanoma-fund.co.uk





melanoma
fund

Sunguarding Sport

A NEW sun protection campaign to help prevent skin cancer and sun damage for all in sport and outdoor recreation.

Five top tips:

1

UV rays cannot be seen or felt, so check the UV index and sun protect when it's 3+.

2

A short training session can last for hours, so 'sun prepare' before you start activity.

3

Sunscreen can wear, wash or rub off, so reapply regularly throughout the day.

5

When removing clothing, apply sunscreen to newly exposed areas of skin.

4

To avoid a greasy grip use a sunscreen applicator or clean palms with a small towel and alcohol gel.

Scan to find out more



www.melanoma-fund.co.uk

A few of our supporters:



Registered Charity 1085969

Blow the whistle on sunburn!

Our 5 key rules:



PREPARE:

Ensure that everyone arrives ready for a day in the sun



PROTECT:

Use clothing, hats/sunglasses and sunscreen (SPF30+) reapplied at breaks



SHADE:

Avoid direct sunlight during lunch or whilst spectating others



HYDRATE:

Ensure water is always available



LEAD BY EXAMPLE:

Inspire children with your own actions

