

# ***Helsby Tennis Club***

## ***Sun Safety and Extreme Heat***

# Sun Safety and Extreme Heat Policy

## Aims

The aim of this sun safety policy is to protect members of the club from skin damage caused by the effects of ultraviolet radiation from the sun and illness caused by playing in extreme heat.

The main elements of this policy are:

- protection: providing an environment that enables members to stay safe in the sun.
- education: learning about sun safety to increase knowledge and influence behaviour
- partnership: working with parents and the wider community to reinforce awareness about sun safety and promote a healthy tennis club.

[HelsbyTennis Club believes in Sun Safety](#) to ensure that members are protected from skin damage caused by the harmful ultra-violet rays in sunlight and to reduce the risk of heat related illness

As part of the Sun Safety policy, our club will:

- educate players on coaching courses about the causes of skin cancer and how to protect their skin
- encourage members to wear clothes that provide good sun protection
- encourage members to wear hats when outside
- encourage players to wear sun cream
- encourage players to use shady areas during breaks. Sunbathing is definitely discouraged
- encourage coaches to act as good role models by practising sun safety
- make sure the Sun Safety Policy is working. We will regularly review the sun safety behaviour of our young people and staff (use of hats, shade etc)
- complete a full risk assessment prior to social sessions and league matches, to include the state of court in extreme heat, availability of cool drinking water and ensure a first aider is in attendance
- advise players with Asthma, breathing difficulties or other relevant health conditions they should avoid high levels of physical exertion when temperatures are high.
- Follow LTA guidelines for competitive play rule adjustments for extreme temperatures

During coaching sessions, our coaches will:

- make a judgement as to the temperature on the courts and make arrangements for breaks in cooler areas where possible
- encourage players to drink cool water and ensure there are regular breaks for them to do so
- carefully plan lessons to avoid dehydration. In extreme weather, coaching should not last for more than 20 minutes when players should be brought indoors, given time to rest and drink water

[Extreme heat can cause heatstroke](#). Heatstroke symptoms include cramp in arms, legs or stomach, feeling of mild confusion or weakness and nausea. If anyone has these symptoms, they should rest for several hours, keep cool and drink water or fruit juice. If symptoms get worse or do not go away medical advice should be sought. NHS non emergency contact 111, emergency contact 999

If you suspect someone has become seriously ill, call an ambulance. Whilst waiting follow the advice given by the emergency services and:

- if possible, move the person somewhere cooler
- Increase ventilation by opening a window or using a fan
- Cool them as quickly as possible by sprinkling with cold water or wrapping them in a damp sheet or towel. Do not use ice.
- If they are conscious, give them cool water or fruit juice to drink
- Do not give them aspirin or paracetamol