

Hillside Lawn Tennis Club

Sun Safety Policy



1. Introduction

The HLTC Committee recognises the importance of protection against the potential harmful effects of the sun and has adopted this policy to keep all club members and players safe.

While this is relevant to all players, it is particularly important for our junior members.

2. Recommendation

It is recommended that all players and parents should read and follow the Outdoor Kids Sun Safety Code which can be found at <http://oksunsafetycode.com/>. 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 or stronger - don't forget the hard to reach places. Parents should ensure that children turning up to coaching lessons should have already applied appropriate sun cream.
- All children should bring water bottles and should be encouraged to drink regularly.
- Avoid playing in extremes of heat, for example temperatures over 30C.
- Look out for signs of heat exhaustion - fatigue, dizziness, headache, nausea or hot, red and dry skin.

3. Coaches

Our Coaches will adopt the following guidance:

1. Read the Outdoor Kids Sun Safety Code.
2. Pay special attention to children with disabilities and learning difficulties.
3. Talk about sun protection in a positive, engaging and fun way.
4. Remind kids that they can burn even on cloudy days in summer.

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R A Hemmings

Chairman, Hillside LTC