



SUN SAFETY POLICY



Leatherhead Tennis Club recognises the importance of protection against the potential harmful effects of the sun.

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.

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 to reinforce awareness about sun safety and promote a healthy tennis club

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 and coaches to wear clothes that provide good sun protection
- Encourage players to use shady areas during breaks
- Encourage parents to send children to the club wearing sun cream, a hat, sun glasses and have a bottle of water
- Encourage coaches to act as good role models by practising sun safety, in particular applying sun cream in full view of the children being coached, wearing sunglasses, keeping hydrated and avoiding extreme temperatures
- Coaches should check that children are protected in hot weather

Suggestions to help players cope with hot weather:

- Players to wear a hat and sunglasses when playing
- Players should wear sun cream and protective clothing
- Coaches should build in regular breaks during hot weather when facilitating/coaching
- Coaches should encourage players to keep hydrated
- Coaches should plan their sessions to allow for rests in the shade in extremely hot weather
- Coaches themselves should ensure they are protected in hot weather

Symptoms to look out for:

Cramp in arms, legs or stomach, feeling of mild confusion or weakness, dizziness, nausea or hot, red and dry skin.

- If anyone has these symptoms, they should rest for several hours, keep cool and drink water or fruit juice

- If symptoms get worse or don't go away, medical advice should be sought

If you suspect a member or player has become seriously ill, call an ambulance and whilst waiting:

- If possible move the person somewhere cooler
- Increase ventilation by opening windows or using a fan
- Cool them down by getting them to loosen clothing, sprinkle with cold water, wrap in a damp towel etc.
- If conscious give them water
- Do not give them aspirin or paracetamol
- If they lose consciousness put them in the recovery position

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

We recommend reading and following the [Outdoor Kids Sun Safety Code](#)