



SLINFOLD TENNIS CLUB

Sun Policy

There are five key rules which can help protect against sunburn:

1. Prepare - ensure that everyone arrives ready for a day in the sun
2. Protect - wear clothing, hats/sunglasses and sunscreen (SPF 30+)
3. Shade - avoid direct sunlight during lunch or whilst spectating others
4. Hydrate - ensure water is always available
5. Lead by example - inspire children with actions from responsible adults

For further information including free resources, visit the [Outdoor Kids Sun Safety Code website](#).

January 2021