



Wheatley Hills Tennis Club

Sun Safety Policy

Wheatley Hills Tennis Club recognises the importance of protection against the potential harmful effects of the sun. While this is relevant to all players, it is particularly important for our junior members.

We recommend following the simple guidance below:

- Clothing is the best form of defence - juniors should wear long sleeved shirts, caps and sunglasses.
- Use sunscreen of SPF30+, not forgetting the hard to reach places.
- All juniors should bring water bottles and should be encouraged to drink regularly.
- Play should be avoided in extremes of heat.
- Look out for signs of heat exhaustion - fatigue, dizziness, headache, nausea or hot, red and dry skin.

It is the responsibility of parents/carers to ensure children come to the club wearing appropriate clothing/headgear and high factor sunscreen but our coaches and junior organisers will help get the message across:

1. By following the guidance above and leading by example.
2. By paying special attention to children with disabilities and learning difficulties.
3. By talking about sun protection in a positive, engaging and fun way.
4. By having a Q&A session, asking juniors what they know about the sun.
5. By emphasising that clothing and eye protection should be the first line of defence.
6. By emphasising the need for sunscreen on those "hard-to-get-to" places e.g. backs of knees; ears; eye area; neck and nose; scalp.
7. By reminding juniors to bring their sunscreen, which should be applied solely by themselves or their parents.
8. By reminding juniors that they can burn even on cloudy days in summer.