

SUN SAFETY AWARENESS GUIDANCE

Crescent Tennis Club believes in sun safety and this Guidance aims to ensure that members and visitors are aware of and protected from skin damage caused by the harmful ultraviolet rays in sunlight.

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.

As part of the Sun Safety Awareness guidance, our club will:

PROTECTION

- encourage members to wear clothes that provide good sun protection.
- 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 Awareness Guidance is working. We will regularly review the sun safety behaviour of our members and visitors (use of hats, shade etc).

EDUCATION

- educate players on coaching courses about the causes of skin cancer and how to protect their skin;
- as part of new member induction highlight the importance of sun safety;
- encourage adults to follow our sun safety and precautions in high temperatures;
- actively promote sun safety on the club's website, newsletters etc., and during the summer period when high temperatures are expected.

PARTNERSHIP

- encourage all members, parents/guardians and coaches to act as role models to children by practising sun safety.

Suggestions to help cope with hot weather

- Players wear hats when outside.
- Players should wear sun cream.
- Coaches should make a judgement as to the temperature on the courts and make arrangements for breaks in cooler areas where possible.
- Coaches should encourage players to drink water and ensure there are regular breaks for them to do so.
- Coaching lessons should be carefully planned 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.
- Players with Asthma, breathing difficulties or other relevant health conditions should avoid high levels of physical exertion.
- Coaches must also ensure they drink water regularly and take precautions against the high temperatures.
- Parents or guardians should ensure that junior members have with them appropriate clothing protection, water and sun cream when attending matches, coaching lessons or events.

In rare cases, extreme heat can cause heatstroke.

Symptoms to look out for are:

Extreme heat can cause heatstroke. Symptoms include; cramp in arms, legs or stomach, feeling of mild confusion or weakness.

- 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 is available on 111, and on 999 for emergencies.

If you suspect a member or a player has become seriously ill, call an ambulance. While waiting for the ambulance:

- If possible, move the person somewhere cooler.
- Increase ventilation by opening windows or using a fan.
- Cool them down as quickly as possible by loosening their clothes, sprinkling them with cold water or wrapping them in a damp sheet.
- If they are conscious, give them water or fruit juice to drink.
- Do not give them aspirin or paracetamol.

If such an event does occur then it should be reported to a member of the Club's Committee as soon as possible (ideally not less than 12 hours) and it must be reported in the Clubs accident report book.

Date approved June 2024
Reviewed Date June 2026

Schedule of updates and amendments

Date of update/amendments	Update /amendment: