

# Pen-y-ffordd Tennis Club

## Sun Safety Policy

### 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 the wider community to reinforce awareness about sun safety and promote a healthy tennis club.

### *This club believes in Sun Safety*

To ensure that members are protected from skin damage caused by the harmful ultra-violet rays in sunlight.

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 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 Policy is working. We will regularly review the sun safety behaviour of our young people and staff (use of hats, shade etc).

Suggestions to help cope with hot weather

- Players to 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

In rare cases, extreme heat can cause heatstroke

**Symptoms to look out for are:**

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 don't go away medical advice should be sought. NHS non-emergency is available on 111, and on 999 for emergencies.

**If you suspect a member of 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.