

## Sun Protection & Heat Policy

### Aims

This policy aims to ensure all participants, officials and spectators are protected from the harmful effects of the sun throughout the year, and that we provide a sporting environment that supports sun safety awareness and practices. Our club aims to provide a safe environment for everyone involved in our activities. Providing a safe environment includes protecting people from the harmful effects of UV radiation.

### Our commitment

We will try to encourage all officials, coaches and adult members of the club to act as positive role models for the younger members in all aspects of sun safe behaviour, including using a combination of sun protection measures.

We will try to:

### Schedule outdoor activities:

- Where possible, schedule outdoor events and/or training times outside peak UV times of 11am – 3pm.
- Consider all sun protection measures when planning outdoor events and/or training.
- 30°C and above is too hot for very physical activities without risking heatstroke and severe dehydration.

### Shade

- Encourage participants, officials and spectators to use the shade available.

### Hats

- Encourage officials and participants to wear sun-safe hats that protect the face, neck and ears. Baseball caps do not provide adequate sun protection and are not recommended.

### Clothing

- Ensure that officials and participants encouraged to wear sun-safe clothing that covers as much skin as possible, including shirts/tops with longer sleeves and a collar, and long shorts.

### Sunscreen

- Participants, coaches, officials and spectators are encouraged to use sunscreen.

### Sunglasses

- Encourage officials and participants to wear close-fitting wrap-around sunglasses that cover as much of the eye area as possible.

### Heat

- ALL children should attend with water bottles and be encouraged to drink regularly.
- Heatstroke – Heatstroke can develop if heat exhaustion or heat stress is left untreated, but it can also occur suddenly and without warning. Sweating is an essential means of cooling and once this stops a child is at serious risk of developing heatstroke. The following steps to reduce body temperature should be taken at once.
  - Move the child to as cool a location as possible.
  - Sponge the child with cool, (not cold) water and, if available, place cold packs around the neck and in the armpits.

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- Place the child near a fan. If a child shows signs of confusion or loses consciousness, place the child in the recovery position and follow the steps above.
- In both cases, call 999 or 112 for emergency medical assistance.