

Chorleywood Lawn Tennis Club Sun Policy

Chorleywood Lawn Tennis Club acknowledges the importance of sun protection and want children and staff to be protected from the harmful UV rays of the sun. We will work with everyone including children and parents to achieve this through:

- **Education:** All coaches will be advised about being sun sensible at the start of each spring and summer term. This policy will be published on club's website explaining what we are doing about sun protection and how everyone, including parents can help.
- **Protection/Covering up:** Children should wear wide-brimmed hats or sports caps that shade as much of the ears, face and neck while outdoors. All coaching staff are advised to wear hats when on duty during hot weather.
- **Drinking lots:** We will make sure drinking water is available and encourage children to drink regularly during hot weather.
- **Creaming up:** Sunscreen use will be encouraged at all times during coaching and camp activity. Coaches can provide extra sunscreen in case children forget their own but the coach will not apply the cream, the child must do this themselves. Parents should apply sunscreen before their child leaves for coaching or camp, with a named bottle of sunscreen in their bag so it can be reapplied during the day. We recommend using as high an SPF as possible.
- **Extreme heat:** If the temperature is 30 degrees or higher pupils will have a sunbreak (indoors) every 15 mins of at least 10 minutes in duration. If a child seems to be suffering from dehydration or other issues to do with the heat, the responsible coach will inform the parent or carer immediately.