



Caerphilly Tennis Club

Sun Safety Policy

Created: 3rd March 2016

Last Updated: 28th February 2021

Next Review: February 2023 (or earlier if legislation/guidance changes)



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Sun Safety Policy

The aim of this policy is to protect players from skin damage caused by the effects of ultraviolet radiation from the sun. This policy is fully supported by the management committee who are responsible for its implementation and review.

Therefore Caerphilly Tennis Club (CTC) will adhere to the following:

- educate players about the causes of skin cancer and how to protect their skin.
- encourage players to wear clothes that provide good sun protection.
- ensure players have applied suitable sun cream before and during play.
- encourage players to drink water during breaks in play.
- encourage players to use shady areas during breaks. Sunbathing is definitely discouraged.
- encourage coaches to act as good role models by practising sun safety.
- ensure coaches plan lessons/activities accordingly with the weather conditions, including suitable breaks.

Heatstroke

In rare cases, extreme heat can cause heatstroke. Symptoms to look out for are:

- Cramp in arms, legs or stomach
- Feeling of mild confusion
- Weakness.

If anyone has these symptoms, they should rest, keep cool and drink water. If symptoms get worse or don't go away then medical advice should be sought.