

COPMANTHORPE TENNIS CLUB

Sun Safety Code

The Committee recognises the importance of protection against the potential harmful effects of the sun.

While this is relevant to all players, it is particularly important for our junior members.

THE FOLLOWING IS GUIDANCE

- Clothing is the best form of defence - children should wear long sleeved shirts, caps and sunglasses
- We recommend the use of SPF30+ sunscreen - don't forget the hard to reach places (backs of knees, ears, eye area, neck and nose, scalp)
- All children should bring water bottles and should be encouraged to drink regularly
- Avoid playing in extremes of heat, for example temperatures over 30C
- Look out for signs of heat exhaustion - fatigue, dizziness, headache, nausea or hot, red and dry skin
- Coaches should lead by example

We advise coaches to:

1. Read the Outdoor Kids Sun Safety Code yourself, and lead by example
2. Pay special attention to children with disabilities and learning difficulties
3. Talk about sun protection in a positive, engaging and fun way
4. Have a Q&A session, asking kids what they know about the sun
5. Clothing and eye protection should be the first line of defence
6. Remember the "hard-to-get-to" places - backs of knees; ears; eye area; neck and nose; scalp
7. Remind kids that they can burn even on cloudy days in summer

