



Old Wilsonians' Lawn Tennis Club

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SUN SAFETY POLICY

Old Wilsonians' Lawn Tennis Club aims to protect children and adults from skin damage caused by the effects of ultraviolet radiation from the sun. This health promotion programme will be more successful when an integrated approach is adopted.

The main elements of this policy are:

- protection: providing an environment that enables children and adults to stay safe in the sun.
- partnership: working with parents/carers, management committee members, and the wider community to reinforce awareness about sun safety and promote a healthy club.

PROTECTION - To ensure that children and adults are protected from skin damage caused by the harmful ultra-violet rays in sunlight, our club will:

- encourage everyone to wear clothes that provide good sun protection, for example players should wear hats when outside and use sun cream..
- hold outdoor activities in areas of shade whenever possible, for example, encourage players to use shady areas when sitting out, eating lunch etc. Sunbathing is definitely discouraged.
- periodically remind children, adults and parents about sun safety through newsletters, posters, and on court.
- adults and coaches should encourage children to drink water and ensure there are regular breaks for them to do so.

PARTNERSHIP - Parents/carers and children must be encouraged to follow these procedures at home

- encourage adult members and parents to act as good role models to children by practising sun safety;
- adults 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 Direct is available on 0845 4647

If you suspect a person 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.

OWLTC COMMITTEE

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