



Sun Safety Policy

Ingatestone and Fryerning Tennis Club recognises the importance of protecting players against the harmful effects of the sun.

This is relevant to all players but is particularly important for our junior members. Therefore, we would ask players to ensure that they:

- wear suitable clothing at all times and, in particular, that children wear long sleeved shirts, long shorts, caps and sunglasses
- apply sunscreen with a SPF of 30+ is worn. It is also important to remember areas such as ears, eyes, top of the head, behind knees etc
- bring water bottles and drink regularly. This is particularly important for children
- avoid playing in extremes of heat, for example, in temperatures over 30C and we recommend that sufficient breaks in shade are taken.
- are mindful of signs of heat exhaustion such as dizziness, headaches, nausea.

Our coaches will lead by example and will be mindful of this policy at all times. We also recommend reading and following the [Outdoor Kids Sun Safety Code](#) which can be found at the following link:

<http://oksunsafetymcode.com/downloads/outdoor-kids-ok-code-guidelines.pdf>

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