

## Sun Safety

Jarrett Tennis School recognises the importance of protection against the potential harmful effects of the sun. Whilst this is relevant to all players, it is particularly important for our junior members and other children playing at JTS.

Parents can help by ensuring that their children are wearing sunscreen when they arrive at lessons and, where necessary, bring further sun cream with them to reapply. Parents should also advise of any sun cream allergies that their child may have when completing the membership or coaching application forms. We recommend following simple 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.
- 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. The following is guidance to coaching staff on ways to help get the message across:
  - Pay special attention to children with disabilities and learning difficulties.
  - Talk about sun protection in a positive, engaging and fun way.
  - Have a Q&A session, asking kids what they know about the sun.
  - Clothing and eye protection should be the first line of defence.
  - Remember the "hard-to-get-to" places - backs of knees, ears, eye area, neck, nose and scalp.
  - Remind kids that they can burn even on cloudy days in summer and even if they are not abroad!

1<sup>st</sup> February 2021