

HAMILTON

●●●●● for people who love tennis or who love to socialise



What's on at the Hamilton



Hamilton



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Club Sun Safety Policy

Aims:

The aim of this sun safety policy is to protect members of the club from skin damage caused by the effects of ultraviolet radiation from the sun.

The main elements of this policy are:

- Protection – providing an environment that enables members to stay safe in the sun.
- Education – learning about sun safety to increase knowledge and influence behaviour.
- Partnership – working with parents and the wider community to reinforce awareness about sun safety and promote a healthy tennis club.

This club believes in Sun Safety:

To ensure that members are protected from skin damage caused by the harmful ultra-violet rays in sunlight.

As part of the Sun Safety Policy, our club will:

- Educate players on coaching courses about the causes of skin cancer and how to protect their skin.
- Encourage members to wear clothes that provide good sun protection.
- Encourage players to use shady areas during breaks. Sunbathing is discouraged.
- Encourage coaches to act as good role models by practising sun safety.
- Make sure the Sun Safety Policy is working. The Club will regularly review the sun safety behaviour of young people and staff e.g. wearing of hats, staying in the shade etc.

Suggestions to help cope with hot weather:

- Players to wear hats when outside.
- Players should wear sun cream.

- Coaches should make a judgement as to the temperature on the courts and decide for breaks in cooler areas where possible.
- Coaches should encourage players to drink water and ensure there are regular breaks for them to do so.
- Coaching lessons should be carefully planned to avoid dehydration. In extreme weather, coaching should not last for more than 20 minutes when players should be brought indoors, given time to rest and drink water.
- Players with Asthma, breathing difficulties or other relevant health conditions should avoid high levels of physical exertion.
- Coaches 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:

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 become worse, or do not go away, medical advice should be sought. NHS non-emergency help is available by dialling 111 and for emergencies 999.

If you suspect a person has become seriously ill, call an ambulance. While waiting for the ambulance to arrive:

- If possible, move the person somewhere cooler.
- Increase ventilation by opening windows or using a fan.
- Cool the person down as quickly as possible by loosening clothing, sprinkling him/her with cold water or wrapping the person in a damp sheet.
- If the person is conscious, give water or fruit juice to drink.
- Do not give aspirin or paracetamol.