

Sun Safety Policy

All coaches and volunteers assisting with tennis or other outdoor activities at The Sundridge Park Club should

- themselves apply sunscreen (ideally SPF30+) at regular intervals throughout the day, so as to lead by example
- ask pupils to bring sunscreen and water to lessons and activities
- recommend long sleeved tops and hats to reduce exposure to the sun and wear these themselves to lead by example
- promote proper hydration and offer regular breaks during organised activities so as to encourage players to drink water
- encourage players and pupils to seek shade during breaks in play
- spread the word to players, pupils and parents about the importance of sun protection

Title: Sun Safety Policy	Last Review Date:	August 2018
Written by: LTA HP	Next Review Date:	August 2020
https://d.docs.live.net/0e248d72fe5d2d13/Rules and Policies/policies 2018/Sun Safety Policy.docx		