

RADYR LAWN TENNIS CLUB

Sun Safety Policy

Our policy is to educate and encourage all members of our club to be aware of the risks of sunburn, and how to protect themselves and their families. This is particularly important for children and their parents/carers, but also applies to anyone who uses our facilities in the sunshine. Clothing, sunscreen, hydration and leading by example are the key elements.

Essential kit

Protective clothing can be an easier solution for sun protection. White affords more protection as do close weave fabrics. Better still are UPF rated garments (ideally UPF50) which will block out harmful UVB.

We suggest that children attend with the following items, and these should be worn where practical.

1. Hat/cap
2. Tops with long sleeves
3. Wraparound sunglasses
4. Wheelchair users should have legs covered.

Sunscreen and its application

We recommend a minimum of SPF30 with both UVA/UVB protection (broad spectrum) for use by all members. Creams give better protection. Sticks are good for the face and sensitive areas as there is less chance of running into eyes. Use products designed for children on children, and ensure the product is within its sell by date.

Use a generous quantity of product (most do not use enough) and don't rub in hard; it is better to pat lightly until the white has disappeared to be sure of coverage. Apply to all areas that will be exposed before dressing and top up when you arrive for the outdoor activity. Ensure everyone has sunscreen with them and reapplies regularly. Even products that claim to be waterproof/water resistant/sweat proof or 'last all day' should be reapplied at least once during the day.

Children/parents with eczema should check sunscreen for any known irritants in the ingredients and do a patch test to be sure. Sunscreen should be applied at least 30mins after any emollients or steroids.

Sunscreen works in one of two ways,

- 1 Absorbing light rays
- 2 Reflecting light rays

Allergies are usually caused by a reaction to chemicals which absorb light rays, and for these to be effective they are absorbed by the skin. Reflecting creams contain minerals like zinc oxide and

titanium dioxide which sit on top of the skin forming a barrier against the sun's rays and are therefore less likely to be irritant.

DON'T FORGET B-E-E-N-S

B -Back of knees E- Ears E-Eye area N-Neck and Nose S-Scalp

Wellbeing

Protection from the sun isn't just about sunburn, don't overlook heat stroke and heat exhaustion too.

1. **HYDRATION** All players should attend with water bottles, be encouraged to drink, and free supplies of water are available at all times. All children should have named water bottles and encouraged to drink exclusively water on a regular basis
2. **SHADE** Try to avoid the midday sun if at all possible. Shade children in breaks when they are not actually active.
3. **EXTREME HEAT** 30C and above is too hot for very physical activities without risking heatstroke and severe dehydration.

Heat exhaustion

Signs include; irritability, fatigue, dizziness, headache, nausea or hot, red and dry skin.

Heatstroke

Can develop if heat exhaustion or heat stress is left untreated, but can also occur suddenly and without warning. Sweating is an essential means of cooling and once this stops the person is at serious risk of developing heatstroke. To reduce body temperature

1. Move to as cool a location as possible
2. Sponge with cool, (not cold) water and place cold packs around neck and in the armpits
3. Place near fan

If there are signs of confusion or loss of consciousness, place in the recovery position and dial 999 or 112 for emergency medical assistance.

Finally

LEAD BY EXAMPLE

Show children that we are protecting ourselves from the sun by dressing appropriately, remaining hydrated, avoiding extreme temperatures and apply sunscreen to ourselves regularly.