

Clarkston Bowling & Tennis Club - Tennis Section

Sun Safety Policy



Clarkston LTC (the Tennis Section of Clarkston Bowling & Tennis Club) recognises the importance of protection against the potential harmful effects of the sun. While this is relevant to all players, it is particularly important for our Mini and Junior members. The aim of this policy is to protect players from skin damage and we recommend parents follow the suggested guidelines below while their children are engaged in any activities with us during April to September:

- Provide a sunhat (legionnaire with protection for the back of the neck is ideal)
- Wraparound sunglasses when appropriate
- Parents should apply sunscreen before their child leaves for coaching or camp, with a named bottle of sunscreen in their bag so it can be reapplied during the day - we recommend using as high an SPF as possible
- Supply a labelled water bottle for hydration
- Explain to your children the importance of avoiding sunburn

Once children are in our care our coaching team will be making sure that:

- Children are educated on sun facts and will lead by example
- Sun protection cream will be available if anyone has forgotten theirs
- Shade will be provided during breaks and time-out (where possible)
- We will make sure drinking water is available and encourage children to drink regularly during hot weather.

Please note: if your child has an allergy to either the sun or sunscreen or difficulty in applying protection, or your child has any individual disabilities or issues that you feel we need to take into account, please make a member of our coaching team aware on arrival.

During coaching or Camps, if a child seems to be suffering from dehydration or other issues to do with the heat, the responsible coach will inform the parent or carer immediately.