

Sun & Hot Weather Safety Policy

Individuals, parents/carers of juniors and guests are responsible for their sun and hot weather safety. It is advised that hats and tops that cover the shoulders are worn and sun screen applied before play begins.

There is a small amount of high factor sun screen located on the shelf of the kitchen. This is intended for those odd occasions when sun screen has been forgotten.

If a junior attends a coaching session/camp without sun screen the coach will supervise the junior applying the sun screen only with the permission of the parent/guardian.

Coaches should make a judgement as to the temperature on the courts and make arrangements for breaks in cooler areas where possible

The cold water supply to the kitchen & outside tap, is drinking water and water bottles may be filled here.

In rare cases, extreme heat can cause heatstroke. Symptoms to look out for are:

- 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. If symptoms get worse or don't go away medical advice should be sought. NHS non-emergency is available on 111, and on 999 for emergencies.

If you suspect a member or player has become seriously ill, call an ambulance. While waiting for the ambulance: If possible, move the person somewhere cooler. Increase ventilation by opening windows or using a fan. Cool them down as quickly as possible by loosening their clothes, sprinkling them with cold water or wrapping them in a damp sheet. If they are conscious, give them water to drink. Do not give aspirin or paracetamol.