

Wylam Tennis Club Sun Protection Policy

Rationale

Too much exposure to ultraviolet light (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the life time risk of skin cancer.

At Wylam Tennis Club we want children and adults to enjoy the sun safely. We will work with children and their parents to achieve this by raising awareness of the dangers of exposure to the sun and encouraging the use of sun protection.

Implementation

We will achieve this by implementing these measures:

- Children will be encouraged wear sun hats during tennis sessions
- Sun cream will be encouraged when the sun is strong. Children will be expected to bring their own sun cream and apply it themselves. Parents are asked to teach their children how to use and apply sun cream
- Children may bring sun glasses to be worn when the sun is strong
- Shade – children will be encouraged to sit in the shade when not on court
- The availability of shade will be considered when planning playing activities