

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