



Blackheath Lawn Tennis Club

Sun Safety Policy

Updated January 2025

Date of next review January 2026 or if there is a change in legislation

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BLACKHEATH LAWN TENNIS CLUB

SUN SAFETY POLICY

Blackheath Lawn Tennis Club (the Club) recognises the importance of protection against the potential harmful effects of the sun.

Whilst this is relevant to all players, it is particularly important for our junior members and other children playing at the Club. Parents can help by ensuring that their children are wearing suncream when they arrive at BLTC and where necessary, bring further suncream with them to reapply. Parents should also advise of any suncream allergies that their child may have when completing the membership or coaching application forms.

We recommend reading and following the [Outdoor Kids Sun Safety Code](#) and the following simple guidance is extracted from this code:

- Clothing is the best form of defence – children should wear long-sleeved shirts, caps and sunglasses
- We recommend the use of SPF 30 plus suncream – don't forget the hard-to-reach places
- All children should bring water bottles and should be encouraged to drink regularly
- Avoid playing in extremes of heat, for example temperatures over 30°C
- Look out for the signs of heat exhaustion – fatigue, dizziness, headache, nausea or hot, red and dry skin
- Coaches should lead by example.

The following is guidance to coaching staff on ways to help get the message across:

- Read the [Outdoor Kids Sun Safety Code](#) yourself, and lead by example
- Pay special attention to children with disabilities and learning difficulties
- Talk about sun protection in a positive, engaging and fun way
- Have a Q&A session, asking kids what they know about the sun
- Clothing and eye protection should be the first line of defence
- Remember the 'hard to get to' places – backs of knees, ears, eye area, neck, nose and scalp
- Remind the kids that they can burn even on cloudy days in summer and even if they are not abroad!

Please note that application of suncream needs to be done by the child or parent/legal guardian and cannot be undertaken by any staff or coaches at the Club.

Please also note that the Club cannot be held responsible for any allergies to the suncream applied.