

Lydney Tennis Club Sun Safety Guidelines

The Management Committee of Lydney Tennis Club recognises the importance of protection against the potentially harmful effects of the sun.

We recommend the following guidance, particularly for children:

- Long-sleeved shirts and, if applicable, caps and sunglasses should be worn.
- The use of an appropriate sun-screen (SPF 30+).
- Adequate amounts of liquid should be drunk.
- Avoid playing in extremes of heat, for example 30°C+.
- Look out for signs of heat exhaustion: fatigue, dizziness, headache, nausea or red, hot and dry skin.
- The coaches should lead by example.