

TWLTC SUN SAFETY POLICY

TWLTC 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 TWLTC. Parents can help by ensuring that their children are wearing sunscreen when they arrive at TWLTC 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 that code:

- Clothing is the best form of defense - children should wear long-sleeved shirts, caps and sunglasses.
- We recommend the use of SPF30+ sunscreen - **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 30C.
- Look out for 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 defense.
- Remember the "hard-to-get-to" places - backs of knees, ears, eye area, neck, nose and scalp.
- Remind kids that they can burn even on cloudy days in summer and even if they are not abroad!

Please Note: Sun Protection cream is available at TWLTC, behind the bar and in the admin and coaching offices, for anyone who has forgotten their sunscreen. Application will need to be done by the child or their parent/legal guardian and cannot be undertaken by any staff or coaches at TWLTC. Please note that TWLTC cannot be held responsible for any allergies to the lotion provided.