

Sun Safety

When participants are outside taking part in any Tennis for Life activities they need to be aware of the sun and its effects on the body, whatever their age.

Parents and participants should make sure:-

1. They wear the appropriate clothing for the type of weather they will be outside in.
2. They apply the appropriate level of sun cream on the relevant parts of the body that are exposed to the sun. This should include the lips.
3. Everyone should bring water to every session. If the weather is warm then more water should be brought which will last for the length of the session. In general always bring more water than you need.
4. Make sure you continue to sip water throughout the session. Especially when given water breaks. However water may be taken at any time during sessions.
5. A hat, cap, visor, is recommended when the sun is out, but it is up to the participant. Sunglasses are worn at the participants own risk.