



## **Ace Sports Coaching - Sun Policy**

This policy is in place to ensure that the risks of UV exposure to participants involved in Ace Sports Coaching programmes are minimised. The following guidelines specifically apply to activities which last at least half a day, including camps. For activities or events of shorter duration, coaches will modify the following guidelines in accordance with the duration of the activity.

### **Rationale**

The sun's ultraviolet (UV) radiation is the main cause of skin cancer. UV damage also causes sunburn, tanning, premature ageing and eye damage. Skin cancer is a growing problem in the UK, and children are especially vulnerable.

Sunburn and other UV damage are common while playing outside where people are exposed to the sun's UV radiation for long periods of time.

We all have a responsibility under health and safety legislation to provide and maintain a safe working environment for staff and players. By taking shared responsibility, both we and parents/guardians can help to minimise UV harm and provide a duty of care.

### **Sun protection times**

UV levels in the UK can be high from Easter to the end of September. UV levels can be high even on cloudy days. During this time, a variety of sun protection measures are recommended for all skin types to ensure an adequate duty of care.

ASC will ensure that in hot weather, our programmes and the coaches running our programmes follow these simple guidelines:

- Parents and guardians are encouraged to take responsibility for the UV protection of children in their care
- We will adapt our programmes in line with local daily weather conditions to ensure maximum protection of children
- Our coaches will act as role models by wearing sun-protective clothing and hats, applying sunscreen and seeking shade wherever possible.

### **Sun protection measures**

#### **1. Clothing**

- Tops are loose-fitting and lightweight and provide adequate coverage of the body. Please check that clothing adequately protects from UV. Many football shirts and acrylic tops do not give adequate protection.
- Where the clothing does not provide adequate sun protection, participants are reminded to apply SPF30 (or higher) sunscreen to all exposed skin and wear covering clothing whilst outside.

#### **2. Sunscreen**

- SPF30 (or higher) sunscreen is promoted and/or provided to participants. Sun cream will never be applied to children by our coaches as this contravenes our child protection policies.
- Parents should ensure adequate application at the start of the day and if necessary that they teach their children to apply their own sun cream
- Our coaches will remind children that sun cream should be reapplied every two hours

### **3. Hats and sunglasses**

- Parents should ensure that children wear a cap during play. Whilst caps do not provide protection for the face, ears and neck, they are essential in avoiding full exposure.
- Participants are advised to wear sunglasses to protect their eyes from glare.

### **4. Shade**

- When not actively playing and during breaks, our coaches will ensure rest is taken in shaded or indoor areas.
- In hot weather, our coaches will ensure that children are given a short regular breaks, where possible indoors or in a shaded area.

### **5. Hydration**

- Regular fluid intake is essential in reducing the risk of sunstroke. The best drink is water. We do not recommend that children drink sugary and fizzy drinks.
- Our coaches will recommend that drinks are kept in bags in an easily accessible place and if possible away from direct sunlight.
- In hot weather, coaches will ensure that short drinks breaks are given every 30 minutes.

### **Disclaimer**

The information contained in this guide is general in nature and does not constitute medical advice from your doctor or health professional. While all reasonable attempts have been made to ensure the accuracy of the information contained in this guide, Ace Sports Coaching and host venues cannot accept responsibility for loss, injury, claim or damage resulting from the use or application of information within this guide.