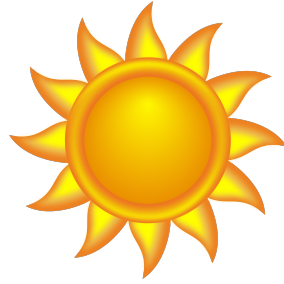


# Sun safety advice



## All weather tennis courts at Quainton

As a member of the Club you can play tennis throughout the year but it is important to remember to keep safe from the sun whatever month you play in.

Limit outdoor playtime between 10a.m. and 4p.m.

Avoid unnecessary exposure when the sun's rays are at their strongest. Even on cloudy or cooler days, ultraviolet (UV) rays remain strong.

Shady spots can be just as tricky because of reflected light.

Whilst on the tennis courts make time to apply sufficient sunscreen.

Apply sunscreen properly.

Generously apply sunscreen 30 minutes before you or your child goes out in the sun.

Choose a sunscreen with SPF (Sun factor 15+)

Don't forget nose, ears, hands, feet, shoulders, and behind the neck; lips can also burn, so apply a lip balm with SPF protection.

Reapply sunscreen when appropriate.

Cover up. Wearing protective clothing and hats is one of the most important ways of keeping safe in the sun.



**Wear darker colours, long sleeves, and longer shorts or joggers whenever possible.**



**Don't forget the accessories:  
sunglasses with UV protection to guard  
against burned corneas.  
If weather is very sunny, take frequent  
breaks for drinks in the shade of the  
parasol.**



**Keep watch on medications. Some medications  
increase the skin's sensitivity to the sun, so check  
with your doctor whether you or your child may be at risk.  
Prescription antibiotics and acne medications are the most  
notorious culprits, but when in doubt, ask.  
Please let the coach know if there could be an extra problem  
in the sun.  
Set a good example: If your child sees you following sun-  
safety rules, they'll take them for granted and follow suit.  
Skin protection is important for every member of the family, so  
team up with your children to stay protected when venturing  
out in the sun.  
Enjoy playing tennis protected from the sun's rays.**



**Quinton Sports Club - Tennis Section**