

# FIRST AID AND SUN POLICY

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**AUTHOR:** Kate Maurici

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VERSION	APPROVED BY	REVISION DATE	DESCRIPTION OF CHANGE
V1	Board of Trustees	01/01/2023	Document creation
V1	Board of Trustees	12/12/2024	Para 1 amended to reflect fact that all coaches are now First-Aid trained.

## 1. First-Aiders

The QCF provides **emergency first aid** and all our coaches hold an up to date **appointed person's first aid certificate**.

## 2. First aid equipment

First Aid Equipment is stored in the following locations:

For the Queen's Club Foundation Community Club outreach sessions which take place at various locations, the First Aid kit is usually situated in the venue provider's buildings on-site. At The Queen's Club, the First Aid kit is either in the Junior Centre or at Reception.

## 3. Sun safety

The QCF recognises the importance of protection against the potential harmful effects of the sun. While this is relevant to all players, it is particularly important for our junior players.

We recommend following simple guidance is extracted from the Outdoor Kids Sun Safety Code:

- Clothing is the best form of defence - children should wear long sleeved light 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.
- 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 coaches 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 defence
- Remember the "hard-to-get-to" places - backs of knees; ears; eye area; neck and nose; scalp
- Remind kids that they can burn even on cloudy days in summer.