First-Aid/Sun Policy and Information

FIRST AID

The QCF provides **emergency first aid** and the following coaches hold an up to date **appointed person’s first aid certificate:**

**Kate Maurici**

**Clare Knowles**

**Laura Slater**

**James Elston**

**Oliver Grumbar**

**Mark Bullock**

**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.

**Sun Safety Policy**

Sun Safety Code

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.

**Last Reviewed January 2023**