

J7 SPORTS
SPORT COACHING POLICY



**STAYING SAFE
IN THE SUN**

LAST REVIEWED: 24TH JUNE, 2020

J7 SPORTS SAFETY IN THE SUN POLICY

ABOUT OUR GUIDELINES

The J7 Sports safety in the sun policy was created following the guidelines/advice set by the 'OUTDOOR KIDS SUN SAFETY CODE', which was devised by the Melanoma Fund and partnered with the Youth Sport Trust, Association for Physical Education (AfPE), Child Protection in Sport Unit (NSPCC) and UK Coaching and supported by over 100 National Governing Bodies of Sport and outdoor organisations.

Following our guidelines is as much about those who work outdoors with children understanding and using sun protection as it is about communicating the key facts to children and their parents/carers.

It is important for everyone to work together in a variety of ways to ensure that all children are safe and protected.

There are five core elements to our guidelines:

1. PREPARE: Ensure that everyone arrives ready for a day in the sun.
2. PROTECT: Use clothing, hats/sunglasses and sunscreen (SPF30+) reapplied at breaks
3. SHADE: Avoid direct sunlight during lunch or whilst spectating others
4. HYDRATE: Ensure water is always available
5. LEAD BY EXAMPLE: Inspire children with your own actions

In line with these guidelines, we also follow the temperatures set by the 'The Meteorological Office', abbreviated as the Met Office, which is the United Kingdom's national weather service.

We use the temperatures that they set to follow out 4 levels of weather warning that are outlined below.

Please read the below to find out how we respond and react to each level.



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SAFETY IN THE SUN POLICY

LEVEL 1: 12 TO 16 DEGREES

This is when the temperature is between 12 - 16 degrees. During this time, all activities will run without any major interference.

We will ensure that we message parents/guardians requesting that:

- A water bottle that is full and can be refilled is brought to the session.
- A hat/cap is available to use.
- Children to wear t-shirts that cover their shoulders
- Parents to ensure that sun cream is applied before the session.

During the session, we will:

- Adjust our sessions to make sure that children are not doing as much high intensity work - when they do, this will be in short burst with plenty of breaks.
- Constantly monitor the conditions of the children and request that they sit in the shade and have a drink.
- Ensure that children's water bottles are always readily available and have enough liquid in.
- If an inside venue is available, we will break up the day and spend between 11am and 1.30pm inside - this could vary dependent on the weather.
- Contact parents/guardians if we have any concerns about the children.

During the session, parents/guardians need to:

- Whether a holiday camp or a coaching session, ensure that they are by their phone at all times if they are not at the session.



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LEVEL 2: 17 TO 22 DEGRESS

This is when the temperature is between 17 and 22 degrees. During this time, modifications will be made to the sessions as seen below.

We will ensure that we message parents/guardians requesting that:

- A water bottle that is full and can be refilled is brought to the session.
- A hat/cap is available to use.
- Children to wear t-shirts that cover their shoulders
- Parents to ensure that at least factor 30 sun cream is applied before the session.

During the session, we will:

- If outside, remove high intensity work from our sessions.
- Follow each 15 minute block of coaching with a 5 minute break in the shade.
- However, we will encourage that children take as many sips of drink during the 15 minute block of coaching
- Constantly monitor the conditions of the children and request that they sit in the shade and have a drink.
- Ensure that children's water bottles are always readily available and have enough liquid in - we will bring extra liquid if needed.
- If an inside venue is available, we will break up the day and spend between 11am and 2pm inside - this could vary dependent on the weather.
- Contact parents/guardians if we have any concerns about the children.
- If a holiday camp, children will be requested to reapply sun cream at regular interval

During the session, parents/guardians need to:

- Whether a holiday camp or a coaching session, ensure that they are by their phone at all times if they are not at the session.

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LEVEL 3: 23 TO 26 DEGRESS

This is when the temperature is between 23 and 26 degrees. During this time, further modifications will be made to the sessions, parents/guardians will be expected to stay on site and cancellations can be made with a full refund given.

We will ensure that we message parents/guardians requesting that:

- At least 2 drinks are brought to the session in which at least one is a water bottle that can be refilled.
- A hat/cap is worn to the lesson
- Children to wear t-shirts that cover their shoulders
- Parents to ensure that at least factor 30 sun cream is applied before the session - making sure that sun cream is applied to all uncovered parts of the body.
- Confirmation is made to whether your child can make the session or whether a refund will be given - if too many children make the decision not to attend, the session will be cancelled and either rearranged or a refund will be given.

During the session, we will:

- If outside, we will remove all high intensity work from our sessions, ensuring that sessions are at low to moderate intensity.
- Follow each 10 minute block of coaching with a 5 minute break in the shade.
- However, we will encourage that children take as many sips of drink during the 10 minute block of coaching
- Constantly monitor the conditions of the children and request that they sit in the shade and have a drink.
- Ensure that children's water bottles are always readily available and have enough liquid in - we will bring extra liquid if needed.
- If an inside venue is available, we will break up the day and spend between 11am and 2.30/3pm inside - this could vary dependent on the weather.
- Contact parents/guardians if we have any concerns about the children.
- If a holiday camp, children will be requested to reapply sun cream at regular interval

During the session, parents/guardians need to:

- If a holiday camp session, ensure that they are by their phone at all times if they are not at the session.
- If a coaching session, ensure that they are on-site and close by.



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LEVEL 4: 27 DEGREES PLUS

This is when the temperature is above 27 degrees. During this time, sessions can only take place indoors. Any outdoor activities will be moved indoor if possible and if it is seen as safe to do so, or cancelled if not. As we won't be able to run the camp like normal, cancellations can be made with a full refund given.

If the sessions are indoor, we will ensure that we message parents/guardians requesting that:

- At least 2 drinks are brought to the session in which at least one is a water bottle that can be refilled.
- Children wear shorts and t-shirt.
- Confirmation is made to whether your child can make the session or whether a refund will be given - if too many children make the decision not to attend, the session will be cancelled and either rearranged or a refund will be given.

During the session, we will:

- Remove all high intensity work from our sessions, ensuring that sessions are at low to moderate intensity.
- Follow each 15 minute block of coaching with a 5 minute break in the shade.
- Follow each hour block with a 15 minute break.
- Have all breaks outside in shaded area if it is cooler
- Have all breaks in an air-conditioned room if it is available.
- We will encourage that children take as many sips of drink during the 10 minute block of coaching
- Constantly monitor the conditions of the children and request that they sit in the shade and have a drink.
- Ensure that children's water bottles are always readily available and have enough liquid in - we will bring extra liquid if needed.
- Contact parents/guardians if we have any concerns about the children.
- If a holiday camp, children will be requested to reapply sun cream at regular interval

During the session, parents/guardians need to:

- If a holiday camp session, ensure that they are by their phone at all times if they are not at the session.
- If a coaching session, ensure that they are on-site and close by.