

WEATHER GUIDANCE AND ADVICE - ICE, SNOW AND SUN AWARENESS

In the event of poor weather conditions or extreme heat the Club will advise members and coaches through its normal communications methods (email, text, App, social media, website or notices) if courts are not playable or closed.

In certain circumstances, the Club may cancel tennis or padel sessions for health and safety reasons and/or for the protection of its court facilities.

If a court fee has been paid and the Club cancels a booking the fee will be refunded either as a credit or to your personal account. Please see the Club's Terms and Conditions on our website for further details.

Any decision to cancel a coaching session - will be taken by the Coach responsible for that session and you should refer to their booking terms and conditions. Coaches may also be required by the Club to cancel sessions due to poor weather or extreme heat.

Once our courts are declared open - members and guests are expected to exercise reasonable personal judgement whether to play or not. This includes checking the courts and surrounding areas BEFORE any play. If there is any uncertainty then the advice is not to play.

If you decide to play on our courts - and the advice is not to - you do so at your own risk - The Club may also suspend or cancel your booking rights if you use our court contrary to advice given.

Whilst our clay tennis courts are an 'all weather' surface - it can potentially become unplayable due to heavy rain or frost/snow or ice, particularly in areas of the courts that are shaded. The Padel court surface can also freeze - our other hard tennis court surfaces are also subjectable to frost and ice - often this is not visible. During cold periods all areas of the courts should be checked prior to any play beginning - and again, if there is any doubt do not play.

Any accidents or near misses must be reported to the Club (info@crescenttennisclub.co.uk) and recorded in the Club's Accident Book (in the tennis clubhouse cupboard).

We recommend that this guidance is read in conjunction with our other policies including our Health and Safety Policy and Terms and Conditions which can be found on our website (www.crescenttennisclub.co.uk).

Weather Safety Code

Our weather code is aimed at our tennis members, padel customers and visitors and to provide those using our courts with advice on certain weather conditions and extreme heat - If the Club has not canceled play then the decision to play will be yours.

1. Sun awareness

As part of the Sun Safety Awareness guidance, our club will:

Protection

- encourages members and visitors to wear clothes that provide good sun protection.
- encourages all players to use shady areas during breaks. Sunbathing is definitely discouraged;
- encourages coaches to act as good role models by practising sun safety;
- make sure the Sun Safety Awareness Guidance is working. We will regularly review the sun safety behaviour of our members and visitors (use of hats, shade etc).

Education

- educate players on coaching courses about the causes of skin cancer and how to protect their skin;
- as part of new member induction highlight the importance of sun safety;
- encourage adults to follow our sun safety and precautions in high temperatures;
- actively promote sun safety on the club's website, newsletters etc., and during the summer period when high temperatures are expected.

Partnership

- encourage all members, parents/guardians and coaches to act as role models to children by practising sun safety.

Crescent Tennis Club recognises the importance of protection against the potential harmful effects of the sun as well as the rain! While this is relevant to all players, it is particularly important for our junior members.

We recommend following these guidelines for hot weather which is enforced by our onsite coaching team for juniors and or club management committee for members and visitors.

Suggestions to help cope with hot weather

- We recommend the use of SPF30-50+ sunscreen
- Everyone, especially children, should bring water bottles and should be encouraged to drink regularly
- Look out for signs of heat exhaustion - fatigue, dizziness, headache, nausea or hot, red and dry skin
- All players should wear hats or caps to play in hot weather
- Coaches should make a judgement as to the temperature on the courts and make arrangements for breaks in cooler areas where possible.

- Coaches should encourage players to drink water and ensure there are regular breaks for them to do so.
- Coaching lessons should be carefully planned to avoid dehydration. In extreme weather, coaching should not last for more than 20 minutes when players should be brought indoors, given time to rest and drink water.
- Players with Asthma, breathing difficulties or other relevant health conditions should avoid high levels of physical exertion.
- Coaches must also ensure they drink water regularly and take precautions against the high temperatures.
- Parents or guardians should ensure that junior members have with them appropriate clothing protection, water and sun cream when attending matches, coaching lessons or events.

In rare cases, extreme heat can cause heatstroke.

Symptoms to look out for are:

Extreme heat can cause heatstroke. Symptoms include; cramp in arms, legs or stomach, feeling of mild confusion or weakness.

- If anyone has these symptoms, they should rest for several hours, keep cool and drink water or fruit juice.
- If symptoms get worse or do not go away medical advice should be sought. NHS non-emergency is available on 111, and on 999 for emergencies.

If you suspect a member or a player has become seriously ill, call an ambulance. While waiting for the ambulance:

- If possible, move the person somewhere cooler.
- Increase ventilation by opening windows or using a fan.
- Cool them down as quickly as possible by loosening their clothes, sprinkling them with cold water or wrapping them in a damp sheet.
- If they are conscious, give them water or fruit juice to drink.
- Do not give them aspirin or paracetamol.

2. *Heavy or persistent rain and/or high winds*

Whilst our Clay Tennis courts and Padel Courts may be playable during light rain we advise that you should stop playing if they become unplayable or conditions deteriorate.

Our hard court surfaces are more likely to become slippery even during short periods of rain or if water/frost or ice is still on the surface. We advise you to check the whole court surface before any play and if there is any doubt you should not play on them. High winds are not conducive to playing tennis and we advise that you do not play. Padel by nature of the court build may be less affected, however, we advise that before play you make an assessment from a safety perspective.

For **league matches** - the team captain should liaise with their opponents team captain should a match be in doubt due to poor weather and a timely decision made if the match should go ahead. Team captains should be aware that some teams have to travel a distance and therefore an early decision may be necessary. As

soon as possible, any postponed match should be notified to the Club's Fixtures Secretary.

3. Frost, snow and ice

All of our Tennis and Padel courts are affected by frost, snow and ice - in extreme circumstances we may cancel all bookings or advise that our courts are closed. The Club recognises that winter conditions may not always be fully controllable nor easy to predict or conditions may change quickly.

Individuals use club facilities at their own risk during winter conditions - if you choose to play then you are advised to regularly check the whole court and surrounding areas. If there is any doubt or conditions change then you should not play.

Snow will not normally be cleared from courts unless specifically approved by the Committee.

Mechanical equipment, metal shovels, or sharp tools must never be used on court surfaces as this may damage the playing surface.

Tennis members or customers to the Padel courts are not permitted to clear snow or ice from courts under any circumstances.

Surrounding areas

Please note that Crescent Tennis Club is not responsible for other surrounding areas on the Sidcup Sports Club site, such as the car park, walkways and steps - please take care when using these areas.

First Aid

A first aid box is available in the tennis clubhouse. A defibrillator is located in the Lumley Bar of the main Sidcup Sports Club Bar (quickest access is via the double doors to the car park).

All incidents or accidents should be reported to the Club via info@crescenttennisclub.co.uk and our accident reporting book can be found in the tennis clubhouse.

Date approved June 2026

Reviewed Date June 2028

Schedule of updates and amendments

Date of update/amendments	Update /amendment: