



## What to do if you are not sure of the weather

If lessons are cancelled due to the weather we will send you a SMS notification. (provided your mobile is on our SMS list).

At **Marconi Tennis Centre** we care about the welfare of your child so we have made a clear Hot Weather Policy...

If the temperature is 31-35C the children will be given more rest breaks and have access to spray bottles to help them cool down. Children will be able to sit in the shade or move to the air conditioned pro-shop if feeling the effects of heat stress. All children will receive a free Zooper Dooper if the temperature exceeds 33C.

If the temperature is 36C or above before the commencement of the tennis lesson, coaching will be **cancelled**. Notification of cancellation will be sent through as a SMS

If the temperature reaches 36C or above during the tennis lesson, coaching activities will be conducted in the squash courts or in a shaded area.

### *'BEAT THE HEAT' USING THE FOLLOWING MEASURES*

#### ***What to Wear***

- Wear light and loose fitting clothing -- light in both colour and weight.
- Wear a light coloured hat, cap or visor -- a broad brimmed hat is preferred .
- Wear a 30+ sunscreen to prevent skin damage and skin cancer.
- Wear sunglasses to protect your eyes.

#### ***Drinking Guidelines***

- Ensure all students have free unrestricted access to cool drinking water
- Allow the student to determine how much and how often they drink and ensure young students are encouraged to drink.
- Bring a towel so children can wet face, hair etc. then dry themselves off.

#### ***Symptoms of heat stress***

Deterioration in sporting performance, Muscle cramps, Headache, Dizziness, Nausea, Vomiting.

#### ***Treatment***

Move student to a shaded or air-conditioned area. (At Marconi we will get the student inside the pro-shop under the fan) and give him or her fluids to drink.

If you have any questions about our weather policy please contact us through the Pro-Shop on 9822 3336.

