

**The Parent should:**

- Inform coach of any medical condition that their child has
- Ensure that they have with them any necessary medication or equipment
- Inform the coach of any minor injuries that their child has had since last lesson
- If the child wears glasses make sure they have plastic lens
- Make sure the child is dressed in clothing suitable for weather conditions & that child brings with them suitable fluids to drink
- Make sure the child is wearing footwear suitable for the court surface on which they are playing ( If in doubt check with coach)
- Instruct child to listen to coach at all times & follow their instructions related to safety
- Stay in attendance or be quickly accessible while child is on court if child is under 8

**The Coach should:**

- Ensure appropriate first aid equipment is available & know how to obtain help in event of an accident
- Be familiar with possible tennis injuries & be aware of relevant principles of First Aid
- Ensure court surface is in a fit & safe condition to play on & clear of items, equipment or debris that could obstruct player
- Ensure all equipment is in good working order including nets & surrounding netting
- Ensure number of players on court is safe in terms of proximity, space available to each player, & controllable by number of coaches involved
- Ensure level of activity and number of rest periods is compatible with weather conditions & age of players
- Provide clear & appropriate instruction related to safety & correct use of equipment ensuring players listen to & follow the instructions given
- Ensure players are taught to warm up & cool down
- Ensure players only practice skills for reasonable periods of time to reduce possibility of muscle or overuse injury
- Be aware of the situations which can increase the likelihood of accidents & constantly monitor all aspects of the safety of the session

**The Player should:**

- Pay attention at all times, follow instructions & advise coach if they have a problem or are feeling unwell

Pauline Coventry – Chairman