



LTA Guidance on staying safe on court in the heat this summer

With the UK experiencing extreme temperatures, we share some simple tips tennis players can follow to ensure they're staying safe when getting on court in the hot weather.

Staying safe in the sun:

Playing tennis in a heatwave can put you in the firing line for all sorts of undesirable problems, including sunburn, heatstroke, dehydration, and heat exhaustion.

- 1. The sun is strongest between 11am and 3pm so, if possible, look to play outside of these hours, opting for early morning or evening if possible.**
2. Apply a broad-spectrum product with an SPF30 or higher, before you start playing, paying special attention to your ears, nose, and shoulders, as well as other areas which are prone to burning.
3. Stay hydrated by taking on as much liquid as you lose through sweat – that's about 32 - 85 ounces (approx 1 - 2.5 litres) during an hour of play.
4. Remember, that thirst is not an effective warning system – in fact, your performance will have been suffering before you feel thirsty at all. Drink at regular intervals whether you feel like it or not.
5. Baseline players take note that running from side to side will tire you out faster and overheat you. Consider bringing your game closer to the net and end points quickly.
6. On very hot day, start out your game at a slower pace, letting your body acclimate. Be sure to stay hydrated, even if your body is responding well to the hot weather, as it will catch up on you if not.
7. Once applied to the skin, reapply sunscreen every two hours, or more often if you are prone to excessive sweating, or playing hard! (If you don't like compromising your grip, Use a sunscreen applicator, or clean palms with a small towel and alcohol gel).
8. Remember to wear a hat or cap. Your forehead, scalp and ears are vulnerable areas, so be sure to protect them.
9. It is important to take breaks away from direct sunlight. Make use of any natural shade available.
10. You will be repeatedly looking up at the sky whilst serving, so wear wraparound sunglasses, as they keep your eyes safe from all angles.
11. Allowing your skin to breathe will help you stay cool, however ensure that the fabric is tight weave as this will prevent UV from penetrating to your skin beneath.
12. Keep your cool and be mindful of how your body is adapting or reacting to the heat while you play or train. If you feel dizzy, unwell, or overly tired, stop play and rest in the shade, seeking support if required.
13. Finally, if you really want to be 100% safe, a warm night is one of the benefits of summer. It's a comfortable way to get your game in for the day and you don't run the risk of sunburn or overheating.