

Sun Smart Policy

Purpose

This policy is to assist in health and welfare of riders and volunteers in Pony Club activities and to provide information and direction to riders, parents, coaches and administrators.

Sun Smart

Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life.

This SunSmart policy provides guidelines to:

- ensure all members are protected from over-exposure to UV radiation;
- ensure the environment provides shade wherever possible;
- ensure members are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection;
- support duty of care requirements; and
- support appropriate OHS strategies to minimise UV risk and associated harms for riders and visitors.

Requirements under this policy

Ensure all members, volunteers, coaches and parents and visitors are aware of the need to protect their skin while being active outdoors:

- promote sun protection and sun smart behaviours
- provide or encourage participants and officials to wear sun protective clothing as part of the Pony Club uniform and covering as much skin as possible (long sleeved, collared club shirts, gloves etc)
- promote the use of SPF30 (or higher) broad-spectrum, water-resistant sunscreen, consider having a supply at rally days and competitions.
- promote sun protection habits/practices during the course of the day
- maximise the use of natural shade. Portable shade structures should be used where necessary if safe.
- encourage riders and spectators to come to events with sunscreen, clothing, shade, hats and sunglasses
- encourage 'club stars', coaches and club officials to be sun protection role models.
- promote use of the sun protection times by adding the [SunSmart widget](#) or a link to [MyUV](#) on the club's website and encouraging use of the free SunSmart app

Policy review

PCA will review and update this policy from time to time and ensure that it complies with current policy and practice for junior and equestrian sport. The revised policy will be posted on the PCA website.

For further information please contact
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