

Vision: Pony Club in the NT creates a safe environment to have fun, stretch boundaries and make memories for all.

Policy Title: Sun Smart Policy	Endorsed Date: 11/10/2017
Managed by: Management Committee	Revision Date: 11/10/2018

PCANT Sun Smart Policy

This policy applies to all Pony Club events including Rally days and Clinics

Rationale

A balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Sun exposure in the first 10 years of life is a major factor in determining future skin cancer risk. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

Objectives

This SunSmart Policy has been developed to:

- Ensure all riders, volunteers and coaches have some UV exposure for vitamin D.
- Encourage the entire riding community to use a combination of sun protection measures whenever UV Index levels reach 3 and above.
- Assist riders to be responsible for their own sun protection.
- Ensure that families and new members are informed of the PCANT SunSmart policy.

Clubs are encouraged to access the SunSmart UV Alert at sunsmart.com.au to find out daily local sun protection times to assist with the implementation of this policy.

The clubs uses a combination of sun protection measures for all outdoor activities whenever UV levels reach 3 and above.

1. Shade

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- Pony Clubs to make sure there is a sufficient number of shelters and trees providing shade in the Pony Club grounds particularly in areas where riders congregate e.g. Stables, canteen, outdoor lesson viewing areas and popular play areas.
- The availability of shade is considered when planning events and rallies and all other outdoor activities.

- In consultation with the PCANT, shade provision is considered in plans for future venues and grounds.
- Riders spectators and volunteers are encouraged to use available areas of shade when outside.

2. Clothing

- Sun protective clothing this a UV rating is required to cover the riders exposed skin in every practical way The clothing should be cool, loose fitting and made of densely woven fabric. It includes shirts with collars and long length sleeves.

3. Hats

- **All** club members are encouraged to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats, whenever they are outside, unmounted and not wearing a helmet. Baseball or peak caps are not considered a suitable alternative.

4. Sunglasses [OPTIONAL]

- All club members are encouraged to wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

5. Sunscreen

- Members are encouraged to provide their own SPF 30+ or higher broad spectrum, water resistant sunscreen.
However
- The clubs will supplies SPF 30+ or higher broad spectrum, water resistant sunscreen for riders and coaches and volunteers use.
- Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours if outdoors.
- Parents are encouraged to remind riders to reapply between lessons at rallies etc.
- With parental consent, students with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.



Sun Smart Policy for PCANT

Role modelling

As part of OHS UV risk controls and role modelling, when the UV is 3 and above Committee members and coaches will:

- wear sun protective hats, clothing and sunglasses when outside
- apply SPF 30+ or higher broad spectrum, water resistant sunscreen
- seek shade whenever possible

Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses, sunscreen and shade) when participating in and attending outdoor activities

Curriculum

- SunSmart behaviour is regularly reinforced and promoted to the whole Pony Club community through Club webpages PCANT web page CI's coaches and committee members are encouraged to enforce SunSmart requirements.

Review

- PCANT will regularly monitor and review the effectiveness of the SunSmart policy (at least once every three years) and revise the policy when required.

Next policy review:

Relevant Documents / Links

- Occupational Health and Safety Act 2004
- Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight (2008)

Relevant resources – available from

<http://www.sunsmart.com.au/communities/early-childhood-primary-schools/resources-primary-early-childhood>

- **SunSmart UV Alert:** available as a free SunSmart app, online (sunsmart.com.au or bom.gov.au/weather/uv), in the weather section of the Herald Sun newspaper or as a free widget to place on your website for the sun protection times show when the UV is forecast to be 3 or above.
- **Creating effective shade:** online shade audit tool allows you to assess whether your existing shade is adequate. It also helps you develop a list of practical recommendations to improve both built and natural shade.
- **Create your own SunSmart poster:** online SunSmart poster templates where children choose the scene, text, upload an image of their own face to place into the scene and print off their very own poster with them as the SunSmart star. There are sun protection, vitamin D and snow posters to choose from.
- **SunSmart Millionaire:** How SunSmart are you? An innovative online game-based resource for year 5–7 students that promotes the science behind the SunSmart message.
- **SunSmart Countdown:** song and associated activities
- **Skin:** Song written by Allan Caswell (who has kindly allowed SunSmart to share it with schools and services), this upbeat song has a focus on tolerance (and sun protection!).
- **Generation SunSmart:** fun and interactive online sun protection modules for teachers, school nurses and year 6 - 9 students.
- **Video clips, online learning modules, interactive games, curriculum resources and interactive whiteboard lessons** available from
- **Heat and UV Guide:** provides key information to deal with heat and UV.