

## **SUN SMART POLICY** (to be read in conjunction with the PCA sunsmart policy)

The health of participants in Pony Club activities is of primary concern to the Pony Club Association of South Australia.

It is acknowledged that Skin Cancer is a major public health problem in Australia, with two out of every three people requiring treatment for some form of skin cancer in their lifetime. It is recognised that skin cancer is preventable and like any other medical condition, it is best dealt with by the application of preventative measures.

While the PCASA will endeavour to assist in sun protection when at meetings, rallies, training and competitions, it is recognised that ultimately, the responsibility is that of each individual.

### **SECTION A ALL LEVELS OF PONY CLUB ASSOCIATION OF SA INC.**

1. PCASA and affiliated zones and clubs should where possible, endeavour to schedule activities outside the hours of 11.00 am and 3.00 pm (Daylight Saving Time).
2. PCASA encourages and promotes the use of high SPF Broad Spectrum Sunscreen by members.
3. Clubs must strive to conform to guidelines for sun safe clothing when choosing uniforms. Clubs will consider the harmful effects of open weave clothing when choosing uniforms.
4. Riding members are encouraged to wear brims on helmets for extra protection of face, ears, neck and shoulders while participating in PCASA activities.
5. Members are encouraged to wear long sleeved shirts and collars.
6. Maximum use should be made of existing natural shade. Where natural shade is not adequate, PCASA, Zones and Clubs should endeavour to use portable shade structures for activities.
7. PCASA endeavours to promote sun safety in a positive way through newsletters, written literature, in education programmes and over PA systems.
8. PCASA encourages trainers, coaches, officials and members in prominent positions to act as strong role models, making use of all sun protection available.
9. Officials and carers will endeavour to constantly revise and upgrade sun protection measures.

### **SECTION B PARENTS AND GUARDIANS**

Parents and Guardians of members participating in PCASA, Zone and Club activities should be shown the PCASA Sun Safety Policy and encouraged to comply with the policy.

Parents and Guardians are encouraged to:

- provide high SPF Broad Spectrum Sunscreen for their child.
- promote sun protection behaviour to their child.
- provide correct 100% UV filtered sunglasses for their child if providing glasses.
- purchase sun safe protective uniform and extra sun safe protection for head

Signing off:



President... .. Print name...Ann Olsen

Date: 01/01/2026 Name of Club: Pony Club Association of S.A. Inc.

This policy or code is set for review every twelve months by Pony Club Association of S.A. Incorporated.