

Freshwater Pony Club Inc.

SUNSAFE POLICY



Rationale-Skin cancer statistics

- ❖ Over 380,000 Australians are treated for skin cancer each year – that's over 1,000 people every day.
- ❖ Over 1,600 Australians die from skin cancer each year.
- ❖ Skin cancer costs the health system around \$300 million annually, the highest cost of all cancers.
- ❖ Australia has the highest rate of skin cancer in the world. Skin cancers account for around 80% of all new cancers diagnosed each year in Australia. Each year Australians are four times more likely to develop a common skin cancer than any other form of cancer.

Source: <http://www.sunsmart.com.au> viewed 12/11/07

Freshwater Pony Club Inc. are committed to sunsafe sporting practices.

Our policy highlights that effective sun protection involves a combination of strategies rather than just one strategy. These include:

- Our uniforms are sunsafe covering necks and arms. If participants wear their own sports clothing and hats they are encouraged to cover as much of the skin as possible
- We encourage the liberal use of SPF 30+ broad spectrum sunscreen, and reapplying every two hours
- We provide sunscreen at the club and have a sun safety officer to monitor application
- We role model sun-protective behaviour through officials, staff and volunteers
- We have permanent shade in the form of club house and well established trees for participants and spectators
- Where possible we provide portable shade at events
- We incorporate the [SunSmart UV alert](#) into messages on sun protection and actively promoting the alert times
- Where possible, scheduling events to avoid the middle of the day, when UV rays are most intense.
- We provide education to members and families on the benefits of sun protection through our policy, uniform and dress requirements and modeling of sunsafe behaviour.
- We schedule club event times consistent with Sunsmart UV alert.

Sunsmart UV alert: http://www.bom.gov.au/info/about_uv.shtml

Communicating the policy to members

We inform members about the policy through newsletters, meetings, website and noticeboards. Encourage staff, volunteers, club leaders, coaches and officials to act as SunSmart role models.

To ensure co-operation, we discuss with our members the reason for the policy and stress the responsibility of the club/organisation to address the issue of sun protection for employees, officials, participants and spectators.

We have a designated sunsafe officer on duty at each club event and supply sunscreen for use by all club members.

Review

We review the effectiveness of the policy annually, ensuring that it has been implemented and adhered to. We make changes where necessary to ensure that the document remains current and practical.