

PCAQ SUNSMART POLICY STATEMENT

RATIONALE

The health of members is of primary concern to

The Pony Club Association of Queensland Inc.

We are aware that Queensland has the highest rate of skin cancer in the world. Two out of every three Queenslanders will get some form of skin cancer in their lifetime and more than 1,000 Australians die from this disease annually.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Research shows that severe sunburn contributes to skin cancer and other forms of skin damage such as sunspots, blemishes and premature ageing. Most skin damage is therefore preventable.

With this in mind, The Pony Club Association of Queensland realised the need to educate its members and staff about SunSmart behaviour and protect them from the sun, thus reducing the risk of skin damage from exposure to the sun.

AIMS

The policy aims to:

- provide ongoing education that promotes personal responsibility for skin cancer and early detection
- provide sporting environments that support SunSmart practices
- create an awareness of the need to reschedule training and competitive events, where possible, to support SunSmart practices.

PROCEDURES

Our Association recognises that winter sun also contributes to skin damage. The implementation of this policy will therefore be conducted throughout the year.

The purpose of this SunSmart Policy is to ensure that all members and staff of this organisation are protected from the harmful effects of the sun throughout the year.

Our Commitment

Members of the Association will:

- inform individuals about the organisation's SunSmart Policy when they apply for membership
- provide SPF 15 or higher, broad-spectrum, water-resistant sunscreen for members and officials
- follow Queensland Cancer Fund guidelines for SunSmart clothing when choosing, designing or re-designing uniforms
- provide suitable shade structures for event where existing shade is not adequate for spectators and participants and encourage spectators to bring their own portable shade structures

- ensure that, wherever practicable, outdoor activities take place before 10am or after 2pm (Australian Eastern Standard Time [AEST]) and investigate the feasibility of having night-time training sessions and games/events
- promote SunSmart behaviour through posters and information brochures
- provide ongoing education about skin cancer prevention and early detection
- encourage all coaches, trainers and adult members of the club to act as positive role models for younger members in all aspects of SunSmart behaviour by
 - * wearing appropriate hats and clothing for all outdoor activities
 - * using SPF 15 or higher, broad-spectrum, water resistant sunscreen
 - * seek shade whenever possible
 - * wearing sunglasses that meet the Australian Standard (AS 1067)
- encourage members who do not bring hats to play in an area protected from the sun, OR enforce the 'no hat, no play' rule for junior members
- regularly reinforce the SunSmart policy through newsletters, committee meetings and club activities
- review the SunSmart policy annually

Our Expectations

Club Members will:

- be aware of the organisation's SunSmart policy, having been informed about it upon registration
- take responsibility for their own health and safety by being SunSmart
- comply with SunSmart rules and guidelines by wearing suitable hats, clothing, sunscreen and sunglasses
- apply SPF 15 or higher, broad-spectrum, water-resistant sunscreen 20 minutes before going outdoors
- use shaded or covered areas, where possible, when spectating and during half-time breaks
- help to design and regularly update the SunSmart policy
- act as positive role models for other members in all aspects of SunSmart behaviour.