

SunSmart community organisation policy



Yackandandah Riding Club - SUNSMART policy

The following policy is in place to help Yackandandah Riding Club (YRC) members minimise the risks of overexposure to UV.

Rationale

The sun's ultraviolet (UV) radiation is the main cause of skin cancer. UV damage also causes sunburn, tanning, premature ageing and eye damage. Australia has one of the highest rates of skin cancer in the world. Two in three Australians will develop some form of skin cancer before the age of 70.

Sunburn and other UV damage is common when people are engaged in outdoor activities including horse riding.

Outdoor events and activities modifications

- Where possible, outdoor activities including rallies and clinics are scheduled to minimise overexposure to UV and heat.
- Outdoor events or activities may be cancelled when high risk conditions are forecast.

The following steps may also be taken to assist with minimizing exposure to UV and heat illness:

- The duration of the outdoor activity is reduced; or/and
- Activities start earlier in the morning or later in the evening; or/and
- Water is available to horses and riders;
- Shade is available at our grounds and participants are encouraged to wait in the shade between lessons at rallies/competitions; or/and
- Committee members act as role models by wearing sun-protective clothing and hats, applying sunscreen and seeking shade wherever possible.

Other Sun protection measures

1. Clothing

- Sun-protective clothing such as long sleeved riding tops are included as part of

YRC's uniform which is available to purchase.

- Riders are able to wear any long sleeved riding tops to reduce exposure to the sun.

2. Sunscreen

- SPF30 (or higher) broad-spectrum, water-resistant sunscreen is available at all rallies and events.
- Sunscreen is stored below 30°C and replaced once it has passed the use-by-date.

3. Hats

- Wide-brimmed or bucket style hats are included as part of the uniform which are available to purchase.
- Committee members will model sun smart practices by wearing hats wherever possible.

4. Shade

- Shade is available at YRC grounds for both horses and riders.
- When not active outside, participants are able to rest in shaded areas.
- Shade from buildings, trees and other structures is used where possible
- Presentation ceremony areas are protected by shade.

Relevant documents and links

- **SunSmart:** sunsmart.com.au
- **SunSmart – event and festivals:** <http://www.sunsmart.com.au/communities/festivals-and-events>
- **SunSmart widget:** <http://www.sunsmart.com.au/uv-sun-protection/uv/uv-widget>
- **SunSmart app:** sunsmart.com.au/app
- **Heat and UV Guide:** sunsmart.com.au/downloads/communities/sports-clubs/uv-exposure-heat-illness-guide.pdf
- **Shade audit:** sunsmart.com.au/shade-audit/

