

## Sun Smart Policy

The health of participants in Pony Club activities is of primary concern to the Pony club Association of New South Wales. Whilst PCANSW 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 NSW Inc.

- PCANSW encourages and promotes the use of high SPF Broad Spectrum Sunscreen by members.
- 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.
- Riding members are encouraged to wear brims on helmets for extra protection of face, ears, neck and shoulders while participating in PCANSW activities.
- Members are encouraged to wear long sleeved shirts and collars.
- Maximum use should be made of existing natural shade. Where natural shade is not adequate, PCANSW, Zones and Clubs should endeavour to use portable shade structures for activities.
- PCANSW endeavours to promote sun safety in a positive way through newsletters, written literature, in education programs and over PA systems.
- PCANSW encourages trainers, coaches, officials and members in prominent positions to act as strong role models, making use of all sun protection available.
- 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 PCANSW, Zone and Club activities should be shown the PCANSW 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 ASA Safety Standard sunglasses for their child if providing glasses.
- Purchase sun safe protective uniform and extra sun safe protection for head.

#### MORE INFORMATION:

Cancer Council NSW

[www.cancercouncil.com.au](http://www.cancercouncil.com.au)



Slop on  
sunscreen

*“The major cause of skin cancer is exposure to UV radiation from the sun”*

Source: Cancer Council NSW



Slap on a hat