



**EQUESTRIAN**  
**QUEENSLAND**

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## **SUNSMART POLICY**

**Policy Area:** Management

**Policy Number:** EQ 0016

**Effective Date:** 1 January 2010  
Revised 21 February 2016  
Adopted 29 February 2016

## **BACKGROUND**

As the majority of equestrian activity is conducted outdoors during daylight hours, the health of riders is of primary concern for Equestrian Queensland Inc, affiliated clubs and Show Societies.

Australia has the highest rate of skin cancer in the world. It is acknowledged that skin cancer is a preventable disease and that a preventative strategy including the following actions will be implemented by Equestrian Queensland organisations, affiliated clubs and Show Societies.

## **SCHEDULES:**

Where possible, training times will be scheduled outside the hours of 11am and 3pm. Event schedules need to be scheduled to minimize the time any person is exposed to the effects of the sun.

## **SHADE:**

Equestrian Queensland, affiliated clubs and Show Societies will maximize the use of natural shade provided from buildings, trees and other structures.

Where natural shade does not exist or are not safe to use, shade structures should be provided for use by officials, players and spectators. Individuals will also be encouraged to bring their own shade structures, or utilize their own vehicles at events for protection.

## **CLOTHING:**

Equestrian Queensland promotes the use of protective clothing as part of the uniform when training or riding during daylight hours. This includes:

- Polo Shirts, or undershirts which have long sleeves and a collar
- The use of a visored cap under riding caps wherever practical
- Sunglasses to protect the eyes

## **SUNSCREENS:**

SPF 30+ sunscreens will be promoted or provided by Equestrian Queensland, affiliated clubs and Show Societies. Prior to training or playing in peak UV periods, riders and other participants will be encouraged to apply sunscreen to exposed body parts.

Equestrian Queensland, affiliated clubs and Show Societies will make sunscreens available for sale to members and spectators.

## **EDUCATION:**

Equestrian Queensland organisations will display posters at their venue and provide brochures on skin cancer to increase the awareness of this health issue among the equestrian participants.

Event programmes, newsletters and public announcements during events will be used to maintain awareness of the issue and to promote positive sun protective behaviour.

A link to the Cancer Council Queensland - [www.cancerqld.org.au](http://www.cancerqld.org.au) will be displayed on the Equestrian Queensland website.

The officials of Equestrian Queensland, affiliated clubs and Show Societies will act as suitable SunSmart role models.

## **POLICY REVIEW:**

This policy should be reviewed on an annual basis to ensure it remains current and practical to the Equestrian Queensland, affiliated clubs and Show Societies requirements.