

# POLICY / PROCEDURE



## 1.12 SunSmart Policy

### Version 1 – June, 2022

RDA Carine recognises the inherent risk of exposure to sun while participating, caring or volunteering in horse riding when outdoors. Sun exposure increases the risk of skin cancer, notably melanoma which has a high mortality, but also accelerates the signs of ageing in exposed skin. RDA Carine is committed to minimising sun exposure and safeguarding the health of everyone involved in RDA Carine. A minimal amount of sun exposure is required for good health and vitamin D production.

All efforts must be made to provide shaded areas and promote SunSmart clothing and headwear for our Therapeutic Riding programs. All staff, volunteers, participants and stakeholders will be made aware that we have a Sunsmart policy and that the duration of activities are such that participants and volunteers may be exposed to the sun beyond recommended amounts (dependent on the UV rating), and always request the option of shaded areas.

As our therapeutic horse riding activities are offered outdoors, then every effort must be made to provide shade as much as possible. This is imperative when the UV rating for the day is 3 or higher. Participants, volunteers and support workers must be able to access shade during any break, and during any rest periods. Volunteers should be under full shade when preparing all the equipment until participants arrive. Volunteers should stand with the sun behind them so that participants are not required to look directly into the sun during activities.

Steps can be taken to minimise the risk of overexposure to UV and heat illness by:

- Limiting the duration and intensity of activities.
- Reducing the duration of the activity.
- Providing rest breaks to seek shade and hydration.
- Utilising the arena to the maximum.
- Rotating volunteers and officials out of the sun more frequently than usual.
- Officials, coaches and volunteers to act as role models by wearing sun protective clothing and hats, applying sunscreen and seeking shade wherever possible.

All RDA Carine participants, support workers and participants must observe 'Slip, Slop, Slap, Slide, Seek Shade' at our activities. [Click here](#) for more details.

**Slip** – on a shirt (protective clothing): All RDA Carine participants, support workers and participants preferably will have UV protective long sleeved clothing with collars. RDA Carine uniforms for volunteers will be long sleeved with appropriate UV ratings.

**Slop** – on sunscreen: RDA Carine will make sunscreen available for all, which should be Cancer Council recommended SPF 30+ or above. Sunscreen should be used on all exposed skin, particularly face, neck, shoulders and hands and offered frequently.

**Slap** – on a hat: Broad-brimmed hats are recommended to be worn when being involved in RDA Carine activities unless they are permanently stationed under full shade.

**Slide** – on sunglasses: Full sun-protective sunglasses to be worn, preferably of the 'wrap-around' type. Volunteers should source UV protective sunglasses.

**Seek Shade:** RDA Carine will ensure participants have access to suitable shade and encourage SunSmart clothing and headwear. Locations must have shady areas where participants can seek shade during rest sessions. Participants and volunteers and support workers should not be positioned such that they look into the sun during activities.

RDA Carine should ensure that everybody has access to appropriate shade during any activities. Independent sun protection skills and good sun protection practices should be reinforced with all participants and volunteers, and particularly for young children coming to activities.

