

# Riding for the Disabled Association of Australia Limited

## Program Delivery Policies

## Sunsmart Policy

Version 1 – March 18

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#### 1. INTRODUCTION

Riding for the Disabled Association of Australia will ensure that all members who participate in RDA activities are both informed and protected against the harmful effects of the sun's ultraviolet radiation (UR) and heat protection whenever there are outdoor activities. The following policy is acknowledged as minimum standards for the organisation and State and Centre Associations may develop additional protections aligned with this policy to suit local conditions.

#### 2. EVENT SCHEDULES

Where possible, training, activity sessions, events and competitions are scheduled to minimise exposure to high UV levels and avoid high temperatures. RDA Centres and Competition Organisers to develop a cancellation policy that meets local needs for when high risk conditions may be forecast.

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

- Limiting the duration and intensity of warm up activities.
- Reducing the duration of the activity.
- Starting activities earlier in the morning or later in the evening.
- Providing rest breaks to seek shade and hydration.
- Rotating volunteers and officials out of the sun more frequently than usual.
- Hold the activity at an alternative venue.
- Officials, coaches and volunteers to act as role models by wearing sun protective clothing and hats, applying sunscreen and seeking shade wherever possible.

#### 3. SHADE AND SHELTER

Each venue assessment will consider the availability of shade and shelter from trees, buildings and other structures. When not actively involved in activities, participants, spectators and volunteers are able to rest in shaded areas.

For competitions, marshalling, interchange and presentation ceremony areas are protected by shade and officials and volunteers can rotate to cooler, shaded areas. Where there is insufficient natural or built shade, temporary shade structures are provided or participants are notified to bring their own temporary shade (e.g. tents or umbrellas).

#### 4. PROTECTIVE CLOTHING

Most RDA activities occur during the day and outdoors. RDA volunteers and participants are encouraged to wear clothing that is appropriate to the weather and for their safety. This includes

- wide brimmed, well fitting hats (so they don't blow off) that provide protection to the face and neck,
- long sleeved shirts and long trousers for protection from the sun and from accidental injuries such as scratches or abrasions,
- closed, flat, comfortable footwear (preferably elastic sided or lace up work/hiking boots),
- wrap-around sunglasses that meet Australian standards.

#### 5. SUNSCREEN

A broad-spectrum, water-resistant sunscreen (SPF30 or higher) is recommended for use by all participants, coaches, staff and volunteers for outdoor activities and wherever possible is provided on site at activities where high UV radiation is forecast. Sunscreen provided is stored below 30°C and replaced once it is past its use-by date.

Participants are encouraged to apply sunscreen 20 minutes before activities and to reapply every two hours.

