

Rationale-Skin cancer statistics

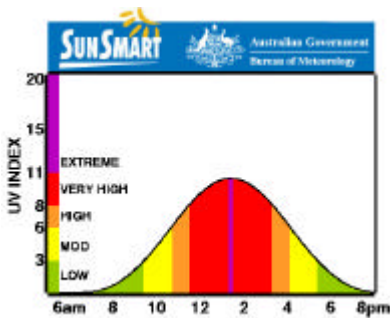
- ❖ Over 380,000 Australians are treated for skin cancer each year [1,2] – that's over 1,000 people every day.
- ❖ Over 1,600 Australians die from skin cancer each year [3].
- ❖ Skin cancer costs the health system around \$300 million annually, the highest cost of all cancers [4].
- ❖ Australia has the highest rate of skin cancer in the world. Skin cancers account for around 80% of all new cancers diagnosed each year in Australia. Each year Australians are four times more likely to develop a common skin cancer than any other form of cancer [1].

Source: <http://www.sunsmart.com.au> viewed 12/11/07

The REA is committed to sunsafe sporting practices.

Our policy highlights that effective sun protection involves a combination of strategies rather than just one strategy. These include:

- Clinic and lesson participants wear their own sports clothing and hats they are encouraged to cover as much of the skin as possible
- We encourage the liberal use of SPF 30+ broad spectrum sunscreen, and reapplying every two hours and provide this for use at our grounds
- Role model sun-protective behaviour through officials, staff and volunteers
- The REA grounds provides permanent shade structures, a marquee and well established trees for participants and spectators and a canopy on the tractor
- we provide portable shade at events and clinics
- Where possible, scheduling events to avoid the middle of the day, when UV rays are most intense.
- We schedule club event times consistent with Sunsmart UV alert



Source: http://www.bom.gov.au/info/about_uv.shtml

Communicating the policy to members

To ensure co-operation, we discuss with our members the reason for the policy and stress the responsibility of the club to address the issue of sun protection for officials, participants and spectators. We will have designated sun safe officer on duty at each club event and supply sunscreen for use by all club members.

Hints and Tips for members

- Buy a wide brim for your helmet available at most saddleries or search online!



- Slip on a closely-woven, long sleeve shirt.

- Slip on broad-spectrum, SPF 30+ sunscreen 20 minutes before going riding – and reapply every two hours.



- Wear sunglasses to protect your eyes. Sunglasses should block out at least 95 percent of ultraviolet radiation (UVR) and meet the Australian Standard AS 1067.

