

PONY CLUB ASSOCIATION OF WESTERN AUSTRALIA POLICY POSITION STATEMENTS

The Pony Club Association of Western Australia (herein referred to as the PCAWA) is a Youth Movement organisation and uses the horse as a focal point of interest to train its members in the aim and objectives of the Association. PCAWA acknowledges that the good health and safety of all participants is always the first priority. The development of a Health Policy is an essential outcome of a risk assessment evaluation for any sporting club or association, including PCAWA. This health policy identifies a number of key areas that once implemented; reinforce the belief of PCAWA that good health and safety within our organisation is a necessity.

We require our affiliated clubs to abide by Pony Club rules, code of conduct, policies and regulations without discretion.

Tobacco

PCAWA recognises that smoke free environments protects non smokers from the harmful effects of Environmental Tobacco Smoke (ETS) and contribute to reducing tobacco consumption levels. PCAWA will;

- Ensure all enclosed areas under the control of PCAWA will be 100% smoke free.
- Ensure all outdoor seating and other viewing areas under the control of PCAWA will be smoke free.
- Tobacco will not be sold by PCAWA or on any premises under PCAWA control.
- PCAWA (whether directly or through a third party) will not receive money, other benefits or have arrangements with the tobacco industry (including sales, promotion and distribution of tobacco products).
- PCAWA encourages and support staff and member to quit smoking.
- Encourage affiliated clubs to promote their outdoor viewing and spectators areas, or venues, as smoke free.

Alcohol

In the interest of health and safety PCAWA will actively seek to promote, encourage and support strategies to minimise harm from alcohol and other drug use.

- The consumption of alcohol is prohibited for all riding members, coaches & chaperones irrespective of any age, whom are representing PCAWA in competition at any level.
- Participants known to have consumed alcohol will not be permitted to participate.
- Alcohol consumption by parents / spectators at all PCAWA events and activities will be discouraged.
- Where alcohol is available it will be served in accordance with the requirements set out in the Liquor Control Act 1988 and will be restricted to suitable and appropriate times. No alcohol will served to patrons under the age of 18 years or to intoxicated patrons.
- Where alcohol is available low strength and no-alcoholic beverages will be available and promoted.
- Tap water will be readily available free of charge.
- Responsible alcohol use will be actively promoted.
- Alcohol will not be used for prizes or awards.

Other Drugs

PCAWA is committed to supporting and promoting strategies to prevent drug use and to minimise harm associated with drug use.

- Participants known to have consumed drugs prior to or during an event will not be permitted to participate. Use of illicit and performance enhancing drugs will not be allowed at any activities or events, or in any areas under the control of PCAWA.
- PCAWA will abide by the WA Government Drugs in Sport legislation and the Australian Sport Anti-Doping Authority legislation.

Mental Health

PCAWA recognises that the creation of a positive environment that encourages and supports involvement will have a positive effect on the mental health and well-being of individuals and the community.

- PCAWA support strategies that provide opportunities for individuals to be mentally, physically and socially active will be proactively supported.
- Individuals are encouraged to join and actively participate in the activities of the PCAWA.
- Individuals are encouraged to become volunteers and to set personal goals for achievement in the activities of the PCAWA.
- Staff, volunteers and participants are encouraged to treat all individuals and groups with respect, equity and openness.
- The undertaking of educational and training is promoted and supported and positive role modelling of values, behaviour and interests is encouraged.
- PCAWA proactively address instances of bad practice and proactively reward instances of good practice.

Sun Protection

PCAWA recognises that exposure to ultraviolet (UV) radiation has potential negative health effects and will therefore support sun safe practices and will introduce measures to minimise exposure.

- Where possible outdoor activities will be conducted outside the hours of 10.00am to 3.00pm where UV radiation is strongest.
- Where events are scheduled during 10.00am to 3.00pm long sleeved shirts and head wear will be worn.
- Shade will be utilised to protect participants and spectators wherever possible.
- Staff and members representing PCAWA will always act as positive role models by adopting sun protection behaviours such as wearing broad

brimmed, bucket or legionnaire style hats, long sleeved shirts, sunglasses and sunscreen.

- When natural shade is not available, the organisation will supply and erect portable shade structures.
- For activities involving juniors a “no hat, no sunscreen, no play” policy will apply in order to encourage juniors to learn and adopt sun protection behaviours.
- Sunscreen (SPF 30+, broad spectrum water resistant) will be made available to participants and spectators. However, where this is not possible these parties will be encouraged to bring their own.

Injury Prevention

PCAWA recognises that an unsafe environment has the potential to negatively impact on the health and wellbeing of individuals and the community and will therefore introduce measures to prevent injury and promote safety.

- Protective equipment will be promoted and encouraged and, where necessary, made mandatory.
- Appropriate first aid equipment will be made available at all training and competition sessions.
- Correct fluid replacement practices will be implemented at all training and competition sessions.
- Consideration will be given to the environmental conditions (heat, cold, riding and surface conditions) when conducting training at competitions sessions.
- Sports Medicine Australia policies and guidelines on blood and infectious disease, pregnancy and sports participation, and child in sport will be adopted where appropriate.

Food & Catering

PCAWA understands and recognises the importance of good nutrition and the role it plays in the maintenance of good health and well being. PCAWA also recognises that the provision of healthy food choices encourages healthy eating and helps to prevent ill health.

- Where food is available at functions and activities, healthy alternatives will be offered. This includes the provision of foods low in fat, sugar and salt and foods that are high in fibre with substantial fruit and vegetable content.
- Where possible fresh fruit and vegetables will be available as choices
- Where beverages are available at functions and activities, healthier alternatives will be readily offered. This includes beverages with low/no sugar content and water.
- Food and beverage vouchers and giveaways will only be given for healthy options.
- PCAWA will only support fundraising activities involving food or drink items that meet the organisation's food and catering policy guidelines.
- The organisation will increase the range and availability of healthy food and drink options available at events and at premises und PCAWA control.

Signed for and on behalf of the
Pony Club Association of Western Australia

.....
Murray Britza
President

Dated this 17th March 2009

