

SUN SMART POLICY

Objective:

- To reduce the risk of skin cancer among members.

Policy:

The Southern District Dressage Club recognises the potential damages of exposure to the sun, and aims to reduce exposure to the sun by members during the summer months by:-

- Providing sun screen for the use of members and spectators free of charge;
- Reminding rider of 'Slip, Slop and Slap' at competitions & schools;
- Providing additional portable shade areas and maximising usage of existing shade facilities; and
- Continually looking to improve the sun protection provided by the Club.

SMOKE FREE POLICY

Objective:

- To create a clean and healthy lifestyle environment;
- To reduce the risk of passive smoking.

Policy:

- Southern District Dressage Club recognises that smoking and passive smoking are hazardous to health and actively discourages smoking.
- Tobacco products will not be advertised at Southern Districts Dressage Club events;
- Coaches and officials are encouraged to act as positive role models for the smoke free message, particularly while with juniors;
- In addition, smoking is not permitted in SDDC buildings, (including the Club rooms) at any times;
- Adults who smoke during SDDC events have been requested to be mindful of the public relations image that can be created particularly as the Club promotes a 'Smoke Free' environment.

SPORT SAFE POLICY

Objective:

- To promote, encourage and support Sport Safe strategies for all training and competition sessions at all levels

Policy:

Southern District Dressage Club recognises the safety of all members is the Club's primary concern, and where possible, will display Sports Medicine Australia's policies and guidelines, including:

- Pregnancy and sports participation; and
- Children in sport guidelines.

- Encourage senior riders, coaches, officials and parents to be Sports Safe role models and to be aware of their roles and responsibilities.
- Advise riders (and parents) about the Sport Safe Policy and encourage them to comply with it.
- Ensure riders are aware of the need for the wearing of protective equipment, in particular helmets of the required standard.
- Promote Sport Safe strategies through posters, newsletters & brochures
- Ensure adequately stocked first aid equipment is available.
- Encourage members and supporters to wear suitable clothing and footwear at all times.
- Include warm up, stretching and cool down activities for all training and competition for both horse and rider.
- Encourage coaches and officials to attend approved courses and to seek accreditation to ensure quality coaching and skill development.
- Conduct regular safety inspections of riding areas and equipment and ensure all equipment is well maintained and in good working order.
- Remind riders to replace fluids before, during and after training and competition sessions,
- Ensure water is available for all members.
- Encourage members to adopt practices that seek to prevent injury.
- Consider the reasons for and appropriateness of any rules that prevent the implement of Sport Safe strategies.
- Review the Sport Safe policy annually.

ALCOHOL & OTHER DRUGS POLICY

Objective:

- The health and safety of all participants is the primary concern.
- Southern Districts Dressage Club actively seeks to promote, encourage and support strategies to minimise harm from drug use for all participants at all levels.
- Southern District Dressage Club is committed to providing a safe sporting environment for every person involved in its activities.

Policy:

Safe Alcohol Practices

- Southern District Dressage Club promotes the responsible use of alcohol.
- The consumption of alcohol is absolutely forbidden for members under 18 years of age (the legal drinking age in Australia), and is not encouraged for members, officials, parents or volunteers of 18 years of age and over, whilst engaged in any Club activity.
- Consumption of alcohol is absolutely prohibited for all riding members, irrespective of any age, who are riding in a Club competition.
- Any rider found to be under the influence of alcohol at any time during a Club competition will be automatically disqualified from the competition.
- Officials assisting with the organisation or conduct of a Club activity must not consume alcohol during the conduct of the activity.

Safe Drug Use Practices

Southern District Dressage Club only supports drug use for medical and 'safe' purposes, and will as far as possible:-

- Ensure that medications are used when needed and according to directions;
- Adopts and is guided by the Sports Medicine Australian Policy on the administration of medications by non-medical personnel;
- Discourages the use of medications in respect of injury/recovery that would enable a participant to compete where they would not otherwise have been able;
- Encourages riders and officials to behave as appropriate role models for junior participants;
- Bans the use of illegal drugs at all activities; and
- Displays information on safe drug use practise for all members.

INJURY PREVENTION POLICY

Southern Districts Dressage Club will encourage all members to adopt practices that seek to prevent injury by:

- Encouraging warm-up, stretching and cool-down as an important component of riding and training for both horse and rider.
- Promoting the use of protective equipment including helmets, suitable clothing and footwear.
- Providing safe riding areas, first aid equipment and accredited First Aiders/Sports Trainers at all training sessions and competition events (where practicable).
- Ensuring adequate public liability and rider insurance of all members through the EA (WA).
- Encouraging all riders with a prior or current injury to seek professional advice from a sports medicine professional and be fully rehabilitated before returning to riding.

Action Plans

Southern Districts Dressage Club actively promotes helmet use by all equestrians, recognising that head injuries are the leading cause of horse-related deaths.

Southern Districts Dressage Club, through interaction with other equestrian bodies, has as its objectives to:

- Reduce horse-related injury risks to riders.
- Evaluate efficacy of current safety programs and policies.
- Encourage policies that insure safe practices in-group situations
- Work with insurance industry to reduce liability and maximize safety.
- Promote equipment-manufacturing standards that address safe participation.
- Provide resources to local communities to approach injury prevention appropriate to needs of local populations.