

# Health Policy



**PONY CLUB**  
WESTERN AUSTRALIA

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## REVIEW HISTORY

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Version	Date Approved	Review Date	Content reviewed/purpose
1.0	2012		
2.0	25 July 2017	July 2020	Reformatted and minor updates.
2.1	24 July 2023	24 July 2026	Added vaping. Reword section 2 Disciplinary action after leaving Pony Club WA

# HEALTH POLICY

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## 1. PURPOSE

Pony Club WA is committed to the health, wellbeing and safety of our members, volunteers, staff and all other people participating in Pony Club WA activities.

## 2. WHO IS BOUND BY THIS POLICY

This policy applies to the following people who are involved with the activities of Pony Club WA at a state, zone or club level, whether they are in a paid or unpaid/voluntary capacity:

- a) members, including Individual Members, Member Clubs and Life Members of Pony Club WA;
- b) riders, coaches, officials and other personnel participating in events and activities, including camps and training sessions, held or sanctioned by Pony Club WA;
- c) any other person including parents/guardians and spectators accompanying riders or teams;
- d) Pony Club WA Board directors;
- e) persons appointed or elected to state committees, panels or task forces, and zone or club committees and sub committees;
- f) support personnel appointed or elected to state, zone and club teams and squads (e.g. managers, chaperones and/or coaches);
- g) employees of Pony Club WA; and
- h) any third parties providing services on behalf of Pony Club WA.

If disciplinary action against that person has commenced whilst he or she was associated with or employed by Pony Club WA, this policy will continue to apply to a person even after he or she has stopped their association or employment with Pony Club WA.

## 3. FOOD AND CATERING

Pony Club WA is committed to ensuring a healthy environment for everyone involved in Pony Club in Western Australia. Pony Club WA understands and recognises the importance of good nutrition and the role it plays in the maintenance of good health and wellbeing. The provision of healthy food choices encourages healthy eating and helps prevent ill health.

- a) Where food is available at activities and events being conducted by Pony Club WA, healthy alternatives will be offered and promoted. This includes the provision of foods low in fat, sugar and salt, and foods that are high in fibre with a substantial fruit and vegetable content.
- b) Where possible, fresh fruit and vegetables will be available as choices.
- c) Where drinks are available, healthier alternatives will be readily offered. This includes drinks with low or no sugar content.
- d) Water will always be available free of charge.

- e) Pony Club WA will give preference to food caterers that provide healthy food alternatives.
- f) Food and beverage vouchers and giveaways will only be given for healthy options.
- g) Pony Club WA will promote the enjoyment of healthy eating and the role of food in relation to health to all members and Member Clubs via announcements, banners, flyers and other appropriate methods.

#### **4. TOBACCO AND E-CIGARETTES (VAPES)**

Pony Club WA recognises that smoke free environments protect non-smokers from the harmful effects of tobacco smoke and vaping and contribute to reducing tobacco consumption levels. Pony Club WA will discourage the uptake of smoking and vaping, particularly by young people.

- a) All Pony Club WA events and associated venues will be smoke and vape free.
- b) All functions run by Pony Club WA (including dinners, receptions, presentations, meetings or social occasions) will be 100% smoke and vape free.
- c) Tobacco and Vaping products will not be sold by Pony Club WA or any premises under its direct control.
- d) Any person, either employed by or representing PCAWA in any capacity will not smoke or vape or be seen carrying tobacco or vaping products whilst acting in an official capacity.
- e) Pony Club WA (whether directly or through a third party) will not receive money, other benefits or have arrangements with the tobacco or e-cigarette industry (including sales, promotion or distribution of tobacco or e-cigarette products).
- f) Pony Club WA will encourage its Member Clubs to adopt this policy.

#### **5. ALCOHOL**

Pony Club WA is committed to actively promote, encourage and support strategies to minimise harm from alcohol.

- a) The consumption of alcohol is prohibited for all riding members, officials, coaches and chaperones irrespective of any age, who are representing Pony Club WA in competition at any level.
- b) Participants known to have consumed alcohol at a Pony Club WA event will not be permitted to participate in that event.
- c) Alcohol consumption by parents, spectators and officials at all Pony Club WA events and activities will be strongly discouraged.
- d) 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 be served to patrons under the age of 18 years or to intoxicated patrons.
- e) Where alcohol is available, lower strength and non-alcoholic beverages will be available and be competitively priced.
- f) Excessive and/or rapid consumption of alcohol will be discouraged, e.g. no drinking competitions.
- g) Food and water will be available when alcohol is served.
- h) Drinks will be served in standard size drink portions.

- i) Responsible alcohol use will be actively promoted.
- j) Pony Club WA will ensure that any intoxicated members, staff or volunteers are not allowed entry to the premises nor will they be able to remain on the premises if they have already been admitted.

## **6. ILLICIT DRUGS**

Pony Club WA is committed to supporting and promoting strategies to prevent drug use and to minimise harm associated with drug use.

- a) Members, staff or volunteers known to have consumed illicit drugs will not be permitted to participate in Pony Club WA activities.
- b) Use of illicit drugs will not be glamorised or promoted.
- c) The use of illicit drugs will not be allowed at any activities or events, or in any areas under the control of Pony Club WA.
- d) Pony Club WA will abide by the WA Government Drugs in Sport legislation and the Australian Sport Anti-Doping Authority (ASADA) legislation.
- e) Pony Club WA will ensure that any intoxicated members, staff or volunteers are not allowed entry to the premises, nor will they be able to remain on the premises if they have already been admitted.

## **7. SUN PROTECTION**

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

- a) Long sleeved shirts and head wear will be worn by participants at all Pony Club WA competitions.
- b) Shade (natural, built or temporary) will be available to protect participants and spectators where possible. When permanent shade is not available, Pony Club WA will supply and erect portable shade structures if possible.
- c) Staff and members representing Pony Club WA will always act as positive role models by adopting sun protection behaviours such as wearing hats, long sleeved shirts, extra length shorts, sunglasses and sunscreen.
- d) 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.
- e) Sunscreen (SPF 30+, broad spectrum water resistant) will be made available to staff, members and spectators. However, when this is not possible these parties will be encouraged to bring their own

## **8. MENTAL HEALTH**

Pony Club WA recognises that the creation of a positive environment that encourages and supports involvement will have a positive effect on the mental health and wellbeing of individuals and the community. Participation in sport and recreation activities can reduce stress, anxiety and depression, and create a sense of value, belonging and attachment.

- a) Strategies that provide opportunities for individuals to be mentally, physically and socially active will be proactively supported.
- b) Members, staff and volunteers will be encouraged to join and actively participate in the activities of Pony Club WA, Member Clubs and partner organisations.
- c) Pony Club WA will try to reduce or remove economic or social barriers to participation.
- d) Members, staff and volunteers will be encouraged to treat all individuals and groups with respect, equality and openness.
- e) The undertaking of educational and training is promoted and supported and positive role modelling of values, behaviour and interests is encouraged.

## **9. INJURY PREVENTION**

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

- a) Pony Club WA will ensure appropriate warm up time is provided for horse and riders participating in Pony Club WA events.
- b) Wearing protective equipment is mandatory for all riders.
- c) Appropriately qualified first aid personal will be in attendance at Pony Club WA competitions.
- d) Consideration will be given to the environmental conditions (heat, cold, riding and surface conditions) when conducting training and competitions under the control of Pony Club WA.

## **10. PHYSICAL ACTIVITY**

Pony Club WA recognises that participation in regular physical activity has important health and social benefits and is committed to encouraging safe physical participation for its members, volunteers, spectators and staff.

- a) Members and staff will be encouraged to make active choices.
- b) Pony Club WA will provide some flexibility in working hours so that staff may integrate exercise into their daily routine.

## **11. ASSOCIATED DOCUMENTS**

- a) Member Protection Policy
- b) Staff Drug and Alcohol Policy