

PART A

Developing and Implementing a Basic Healthy Club Policy

Sample Healthy Club Policy

NB: The sample Healthy Club Policy can be downloaded from the Sports Medicine Australia website, www.smawa.asn.au (and may be adapted to suit your club).

Healthy Club Policy for [Insert Your Club Name]

This policy applies to all members, administrators, officials, coaches, players, visitors and volunteers of the (name of the club).

This policy is effective from (start date for the policy) and will be reviewed on an annual basis thereafter.

Alcohol

The organisation is committed to ensuring responsible service of alcohol and supporting and promoting strategies to minimise harm from alcohol use. The organisation will ensure compliance with all relevant policy guidelines constructed by the WA Director of Liquor Licensing.

Where alcohol is available:

- Alcohol will be served in accordance with the requirements set out in the Liquor Control Act 1988. This includes no alcohol being served to patrons under the age of 18 years or to intoxicated patrons
- Responsible server training will be provided for paid staff and volunteers who serve alcoholic drinks
- Lower strength and non-alcoholic beverages will be available, promoted and competitively priced
- Excessive and/or rapid consumption of alcohol will be discouraged e.g. no happy hours and drinking competitions
- Safe transport options for patrons will be encouraged and promoted at events where alcohol is available
- Alcohol will not be used for prizes or awards;
- Food will be made available
- Tap water will be made available free of charge
- Participants known to have consumed alcohol will not be permitted to participate

Other Drugs

The organisation is committed to supporting and promoting strategies to prevent drug use and to reduce the risk of harm associated with drug use.

- The use of illicit and performance enhancing drugs will not be allowed at any activities or events, or in any areas under the control of the organisation
- The organisation will abide by the WA Government Drugs in Sport legislation and the Australian Sport Anti-Doping Authority (ASADA) legislation
- Participants known to have consumed illicit drugs will not be permitted to participate
- Use of illicit drugs will not be glamorised or promoted

Smoking

The organisation recognises that smoke free environments protect non-smokers from the harmful effects of tobacco smoke and contribute to reducing tobacco consumption levels. The club will ensure all indoor areas of the club, including the change rooms, offices and the bar are permanently smoke-free.

- Tobacco products will not be sold by the organisation or on any premises under the control of the organisation
- Any person, either employed by or representing the organisation in any capacity will not smoke or be seen carrying tobacco products whilst acting in an official capacity
- The organisation (whether directly or through a third party) will not receive money, other benefits or have arrangements with the tobacco industry (including sales, promotion or distribution of tobacco products)
- The organisation will prominently display no-smoking signage
- All entrances and exits to buildings will be smoke free to within 5 metres of the doorways
- The organisation will introduce smokefree outdoor viewing areas

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PART A

Developing and Implementing a Basic Healthy Club Policy continued

Sun Protection

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

- Where possible, outdoor activities will be conducted before 10.00am or after 3.00pm to avoid peak UV times
- Shade (natural, built or temporary) will be available to protect participants and spectators where possible. When permanent shade is not available, the organisation will supply and erect portable shade structures
- Staff and members representing the organisation 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
- 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, when this is not possible these parties will be encouraged to bring their own

Sports Safety

The organisation recognises that an unsafe environment has the potential to negatively impact on the health and well being 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
- Where possible, an appropriately qualified first aid person will be in attendance at all training and competition sessions
- Correct fluid replacement practices will be implemented at all training and competition sessions
- Warm up, stretch and cool down routines will be conducted at all training and competition sessions

Healthy Eating

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

- The organisation will increase the range and availability of healthy food and drink options available at events and at premises under the organisation's control
- Water will always be provided free of charge
- Ensure that healthy food and drink choices are displayed more prominently than other foods
- Healthy food and drink alternatives will be competitively priced in relation to less healthy alternatives

Non-compliance strategy

The following four-step non-compliance strategy will be followed if anyone breaches the (name of club) healthy club policy.

1. Assume that the person is unaware of the policy.
2. A staff member or club representative will approach the person breaching the policy and ask them to refrain from the behaviour and remind them about the policy.
3. If an offence continues (i.e. someone continues to smoke in a smoke free area or is intoxicated) the most senior staff member will verbally warn them again and hand over a formally written letter. The letter will outline the healthy club policy and state that if the person continues the behaviour they will be asked to leave.
4. If the offence does continue then the patron will be escorted out of the facility by staff and/or a senior club representative.

Policy review

This policy will be reviewed six months after its introduction and then on annual basis thereafter. This will ensure that the policy remains current and practical.

Adult players, coaches and club members are expected to set appropriate examples and act as role models for junior club members.

The club will make information available to club members and families to promote healthy lifestyles.

Anyone wishing to discuss any aspect of this policy is invited to contact any members of the committee.

Thank you for your co-operation.

President

Date