



# Healthy Club Policy



## Rostrata Junior Football Club

### Smoking

- Club recognises that smoking and passive smoking are hazardous to health. We will ensure a smoke-free environment by:
- Ensuring all areas of the club, including the change rooms, offices, the bar, and all club functions are smoke-free.
- Not selling tobacco products on the premises.
- Prominently displaying no-smoking signage.

### Alcohol

Club will promote the responsible adult use of alcohol by:

- Discouraging excessive or rapid consumption of alcohol e.g. happy hours, drinking competitions.
- Ensuring alcohol is not served to any person who is intoxicated or under the age of 18 years.
- Promoting lower pricing on low and non-alcoholic drinks and providing free unbottled water.
- Providing responsible server training for paid staff and volunteers who serve alcoholic drinks in our bar.

### Other Drugs

- Club 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.
- The use of illicit drugs and performance enhancing drugs is not permitted by any Club members or patrons.
- We will adopt and be guided by the Sports Medicine Australia policy on the administration of medications by non-medical personnel.

### Sun Protection

Club will take all reasonable steps to address sun safe practices by:

- Ensuring adequate shade is provided.
- Following The Cancer Council Western Australia guidelines for Sun-Smart clothing and hats.
- Providing or selling sunscreen to members and participants.

### Sports Safety

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 playing and training.
- Promoting the use of protective equipment including body padding, mouthguards, suitable clothing and footwear.
- Providing safe playing surfaces, first aid equipment and accredited First Aiders/Sports Trainers at all training sessions and competition matches.
- Ensuring adequate public liability and player insurance for all members.
- Encouraging all players with a prior or current injury to seek professional advice from a sports medicine professional and be fully rehabilitated before returning to play.

## Healthy Eating

Club recognises the importance of good nutrition for sports performance by:

- Ensuring when food is provided, healthy alternatives in accordance with the Dietary Guidelines for Australian Adults are available.
- Promoting good nutrition and healthy eating messages.

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.

Breaches of the policy will be addressed through the Club Committee.

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

Thank you for your co-operation.

## ***Rostrata Junior Football Club Committee 2009***

Date: 7<sup>th</sup> April, 2009

