HEALTHY CLUB POLICY FOR KALAMUNDA DISTRICTS HOCKEY CLUB

Smoking

The 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

The 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 volunteers who serve alcoholic drinks from our bar.

Other Drugs

The Club takes the following position in regards to drugs and medication:

- The 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 be guided by the Sports Medicine Australia policy on the administration of medications by non-medical personnel.

Sun Protection

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

- Scheduling activities outside the hours of 10am to 3pm whenever possible.
- Ensuring adequate shade is provided at all events.
- Following The Cancer Council Western Australia guidelines for SunSmart clothing and hats.
- Making sunscreen available to members and participants.

Sports Safety

The 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 shin guards, mouth guards, suitable clothing and footwear.
- Providing safe playing surfaces, first aid equipment and accredited First Aiders 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

The 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 living. Significant breaches of the policy will be addressed through the Committee.

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

Thank you for your co-operation.

President Date 8 July, 2008

Phillip Fawell

Healthway Healthy Club