

UWA HOCKEY CLUB HEALTHY CLUB POLICY

(as at May 2009)

Who is affected by the Policy

This policy applies to all members, administrators, officials, coaches, players, visitors and volunteers of the University of Western Australian Hockey Club (UWAHC).

Timing

This policy is effective from May 2009.

Alcohol

UWAHC recognises the right of every individual to enjoy themselves in a safe, sociable, reliable and legal environment. In order to assist in facilitating such an environment, UWAHC has developed an Alcohol Harm Minimisation Policy which is to be used in conjunction with this policy. UWAHC will promote the responsible use of alcohol by:

- Ensuring alcohol is served in accordance with the requirements set out in the Liquor Control Act 1988. In particular, ensuring alcohol is not served to any person who is heavily intoxicated or under the age of 18 years.
- Discouraging irresponsible consumption of alcohol.
- 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 at the clubrooms bar.
- Training all staff to implement this policy and UWAHC's Alcohol Harm Minimisation Policy.
- Providing safe transport options such as buses from club functions.

Other Drugs

- UWAHC 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.
- UWAHC will adopt and be guided by the Sports Medicine Australia policy on the administration of medications by non-medical personnel.
- The use of illicit & performance-enhancing drugs is not condoned.
- In the event that club personnel have reason to believe a member may be using illicit drugs, a relevant agency will be contacted for professional advice on how to manage the situation (for example, Alcohol & Drug Information Service).

Smoking

UWAHC recognises that smoking and passive smoking are hazardous to health and is therefore a smoke free venue with smoking not permitted anywhere within the Superturf venue. UWAHC will ensure all areas of the Club are a smoke free environment, including:

- changerooms;

- offices located at the clubrooms;
- bar area; and
- outdoors within the UWA Superturf fenced boundaries.

UWAHC will also ensure the following in promoting a healthy smoke free club:

- Club functions are smoke free.
- Tobacco products are not sold on club premises.
- No-smoking signage will be prominently displayed around the Club.

Sun Protection

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

- Ensuring adequate shade is provided within the UWA Superturf.
- Following The Cancer Council of Western Australia guidelines for SunSmart clothing and hats.
- Ensuring sunscreen is available at the UWAHC Clubrooms upon request.

Sports Safety

UWAHC 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 and first aid equipment at the UWA Superturf.
- Ensuring adequate public liability for all members and recommending all players are covered by private health insurance.
- 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

UWAHC 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.

Non Compliance Strategy

The following four step non-compliance strategy will be followed if anyone breaches the UWAHC Healthy Club Policy:

1. Assume that the person is unaware of the policy.
2. A board member or club representative will approach the person breaching the policy and ask them to discontinue the behaviour in question and advise them of the UWAHC Healthy Club Policy.
3. If the offence continues (ie someone continues to smoke in a smoke free area or is heavily intoxicated) the most senior board member will verbally warn them again and hand over a formal written letter. The letter will outline the healthy club policy and state that if the persons continues the behaviour they will be asked to leave.

4. If the offence continues to occur then the patron will be officially asked to leave the club premises. If the patron refuses to leave but is not causing immediate harm the matter should be left in the interim and a letter from the UWAHC Board drafted outlining the breach of the policy and an appropriate penalty for the offender (eg. Game ban for a player, exclusion period for a spectator).
5. If the person is causing danger to others (for example, is heavily intoxicated and violent) the police should be contacted to deal with the matter. The board should then follow-up with a formal letter outlining the penalty for this breach.

Policy Review

This policy will be reviewed six months after its introduction and then on an 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 the UWAHC Board.