



West Coast Swimming Club Inc.

Healthy Club Policy (effective 8 April 2010)

SMOKING

Position Statement

West Coast Swimming Club recognises that smoke free environments protect non-smokers from the harmful effects of tobacco smoke and contribute to reducing tobacco consumption levels. West Coast Swimming Club will ensure all areas of the club, including training and competition areas, change rooms, the office and all official club functions are permanently smoke-free.

- Tobacco products will not be sold by West Coast Swimming Club or on any premises under the control of the club.
- Any person, either contracted by, or representing West Coast Swimming Club in any capacity, will not smoke or be seen carrying tobacco products whilst acting in an official capacity.
- West Coast Swimming Club (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).
- West Coast Swimming Club will prominently display no-smoking signage.
- All entrances and exits to buildings will be smoke free to within 5 metres of the doorways.
- Volunteers, coaches, parents and members will act as positive role models by adopting smoke free behaviours.

ALCOHOL

Position statement

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

Where alcohol is available and/ or served:

- Alcohol will be served in accordance with the requirements set out in the Liquor Control Act 1988. This includes no alcohol being served to persons under the age of 18 years or to intoxicated persons.
- Alcohol consumption by volunteers, coaches, parents and members will be discouraged particularly where young people are involved.
- The availability of alcohol will be restricted to suitable and appropriate times. e.g. a launch or post event function.
- 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.



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- Excessive and/or rapid consumption of alcohol will be discouraged eg. No happy hours and drinking competitions. The irresponsible use of alcohol will not be glamorized or promoted and there will be no external advertising of the availability of alcohol e.g. promotional signage, tickets.
- Safe transport options for patrons will be encouraged and promoted at events where alcohol is available.
- Alcohol will not be used for awards. Any prizes that include alcohol will not be distributed to minors.
- 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.

Club representatives at international, national, state and inter-club competitions:

- Alcohol consumption is not permitted by any swimmer under the age of 18 years at any time.
- Alcohol consumption is not permitted by any swimmer regardless of age during competition.
- Alcohol consumption is not permitted by any swimmer regardless of age at the club team's accommodation facilities.
- Responsible alcohol consumption is permitted by swimmers aged 18 years and over at the completion of competition provided consumption is at appropriate times, is discrete and at appropriate licensed venues with the overriding principle of representing the club, their family and themselves.
- Responsible alcohol consumption is permitted by appointed team coaches, team managers and team parent-guardians provided consumption is at appropriate times and is discrete with the overriding principle of catering for the needs of the swimmers for whom they are responsible.

DRUGS

Position Statement

West Coast Swimming Club is committed to supporting and promoting strategies to prevent drug use and to reduce the risk of harm associated with drug use.

- West Coast Swimming Club has zero tolerance for 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 West Coast Swimming Club.
- West Coast Swimming Club will abide by the WA Government Drugs in Sport legislation and the Australian Sport Anti-Doping Authority (ASADA) legislation.
- Ensure that all swimmers with medical conditions requiring the therapeutic use of drugs that are banned or restricted, have provided adequate and correct notification.
- In the event that club personnel have reason to believe a member may be using illicit drugs, they will contact a relevant agency for professional advice on how to manage the situation (i.e. Alcohol and Drug Information Service).
- Use of illicit drugs will not be glamorized or promoted.



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SUN PROTECTION

Position Statement

West Coast Swimming Club recognises that exposure to ultraviolet (UV) radiation has potential negative health effects and therefore supports sun safe practices and introduce measures to minimise exposure.

- Where possible, outdoor activities will be conducted before 10am or after 3pm 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, West Coast Swimming Club will supply and erect portable shade structures.
- Volunteers, coaches, parents and members representing West Coast Swimming Club 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

Position statement

West Coast Swimming Club 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 competitions 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.
- Consideration will be given to the environmental conditions (heat, cold, pool facility and water conditions).
- Ensure all sporting equipment is well maintained and in good working order.
- Encourage any swimmer who has an illness or serious injury to seek a medical clearance before returning to training and competition.



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HEALTHY EATING

Position statement

West Coast Swimming Club understands and recognises the importance of good nutrition and the role it plays in the maintenance of good health and well being. West Coast Swimming Club also recognizes that the provision of healthy food choices encourages healthy eating and helps prevent ill health.

- West Coast Swimming Club will increase the range and availability of healthy food and drink options available at all club functions and events.
- Ensure tap water is available free of charge at all club functions and events.
- 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.
- Food and beverage vouchers and giveaways will only be given for healthy options.

NON COMPLIANCE STRATEGY

The following four step non-compliance strategy will be followed if anyone breaches West Coast Swimming Club's Healthy Club policy.

1. Assume the person is unaware of the policy.
2. A 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) a club representative will verbally warn them again and present 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 person will be escorted out of the facility by a club representative.

POLICY REVIEW

West Coast Swimming Club's Healthy Club Policy will be reviewed six months after its introduction and then on an annual basis. This will ensure that the policy remains current and practical.

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

President signature

8 April 2010