

Healthy Club Policy

HEALTHY CLUB POLICY FOR

HEIRISSON ISLAND TOURNAMENT WATER SKI CLUB Inc. (Hit Club)

Smoking

Hit Club recognizes 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

Hit Club will promote the responsible adult use of alcohol by:

Discouraging excessive or rapid consumption of alcohol eg. 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.

Other Drugs

Hit 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

Hit 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 SunSmart clothing and hats.

Providing or selling sunscreen to members and participants.

Sports Safety

Hit 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, 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

Hit Club recognizes 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.

Rehydrate

Hit Club recognizes the importance of re-hydration. Drink plenty of fluids on a hot day to avoid dehydration. Drink plenty of fluids before, during and after training or playing. Thirst is not a good indicator of hydration as it is usually too late.

All 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. See website www.sportsmedicine.com.au

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.

President Mike Wrenn Date 01.03.2007

