



WESTNAM UNITED SC Healthy Club Policy

1. Smoke free policy

Westnam United SC recognise that smoke free environments protect non-smokers from the harmful effects of environmental tobacco smoke (ETS) and contribute to reducing tobacco consumption levels. Westnam United SC will:

- 1.1 adopt and implement a smoke-free policy for all indoor venues, outdoor functions and events under Westnam United SC control and will not sell tobacco products at any Westnam United SC event
- 1.2 ensure affiliated clubs promote their outdoor viewing and spectator areas, or venues, as smoke free
- 1.3 implement a smoke-free policy for bench, playing areas and changing rooms for all players, coaching staff, referees and other team officials involved in competitions under Westnam United SC control
- 1.4 ensure no Westnam United SC staff or volunteers smoke while taking part in any program under the control of Westnam United SC
- 1.5 actively encourage and support affiliated club members/volunteers to either adopt the Westnam United SC health policy or develop and implement their own health policy

2. Food and catering

Westnam United SC understand and recognise the importance of good nutrition and the role it plays in maintaining health. Westnam United SC will ensure:

- 2.1 where food is available at fixtures, functions and activities conducted by Westnam United SC, healthy alternatives are readily offered and promoted. This includes the provision of foods low in fat, sugar and salt and foods that are high in fibre with a substantial fruit and vegetable content
- 2.2 where drinks are available at fixtures, functions and activities, healthier alternatives are readily offered and promoted. This includes drinks that contain a low or no sugar content
- 2.3 food and drink vouchers and giveaways will only be given for healthy options
- 2.4 healthy food and drink alternatives will be competitively priced in relation to less healthy alternatives

3. Alcohol policy

In the interest of health and safety, Westnam United SC will actively seek to promote, encourage and support strategies to minimise harm from alcohol and other drug use. Westnam United SC will ensure:

- 3.1 alcohol is served in accordance with the requirements set out in the liquor control act 1988. This includes no alcohol being served to patrons under the age of 18 years or to intoxicated patrons
- 3.2 the quiet or good order of a neighbourhood is not disturbed by activity occurring at the licensed premises or by patrons in the vicinity of the premises
- 3.3 food and tap water is made available where alcohol is served
- 3.4 lower strength and non-alcoholic beverages are made available and promoted and are competitively priced
- 3.5 excessive or rapid consumption of alcohol is discouraged, e.g. no happy hours and drinking competitions
- 3.6 no more than two alcohol drinks is served to an individual at any time
- 3.7 responsible server training is provided for paid staff and volunteers who serve alcoholic drinks
- 3.8 alcohol is not used for prizes or awards
- 3.9 alcohol consumption by parents, coaches and other influential personnel is discouraged. particularly where young people are involved
- 3.10 the availability of alcohol will be restricted to suitable and appropriate times, e.g. a launch or post-event function
- 3.11 drinks are served in standard size drink portions and will be served in plastic containers
- 3.12 responsible alcohol use is actively promoted and safe transport options are encouraged and promoted at events where alcohol is available



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3.13 the irresponsible use of alcohol is not glamorised or promoted and there is no external advertising of the availability of alcohol, e.g. promotional signage, tickets

3.14 participants known to be under the influence of alcohol are not permitted to participate in training or matches

4. Maintaining mental health

Westnam United SC will:

4.1 support strategies that provide opportunities for staff, members and participants to be mentally, physically and socially active

4.2 proactively support strategies that encourage staff, members and participants to join and actively participate in organisation activities and those of partner organisations

4.3 proactively encourage staff, members and participants to become a volunteer for the organisation, to set personal goals for achievement in the activities of the organisation and to be more broadly involved in other community events and environments

4.4 reduce or remove economic or social barriers to participation

4.5 encourage club members, volunteers and participants to treat all groups in the organisation and the community with respect, equality and openness

5. Sun protection

Westnam United SC recognises that exposure to ultraviolet (UV) radiation has negative health effects and will therefore introduce measures to minimise exposure. Westnam United SC will:

5.1 strongly recommend and support sun safe practices for all activities

5.2 where possible, encourage activities to be conducted before 10am or after 3pm to avoid peak UV times

5.3 ensure shade is utilised to protect participants and spectators

5.4 encourage staff and members representing the organisation to act as positive role models by adopting sun protection behaviours such as wearing long sleeved shirts, broad brim hats, extra length shorts, sunglasses and applying sunscreen

5.5 encourage the use of sunscreen (SPF 30+, broad spectrum, water resistant) to all participants and spectators

6. Injury prevention

Westnam United SC is committed to improving the health of its players and coaches through safe participation in sport and physical activity. Westnam United SC will:

6.1 ensure all players use shin pads when playing in any <club> matches or training sessions

6.2 promote and encourage the use of protective equipment

6.3 conduct warm-up, stretch and cool-down routines at all training and competition sessions

6.4 ensure members, coaches and officiating personnel are given the opportunity to attend approved training and accreditation courses in sports injury prevention and treatment

6.5 ensure an appropriately qualified first-aid person is in attendance at all training and competition sessions, whenever possible

6.6 ensure appropriate first-aid equipment is made available at all training and competition sessions

6.7 encourage correct fluid replacement practices at all training and competition sessions

7. Safe drug use practices

The health and safety of all participants is Westnam United SC primary concern. <club> will actively seek to promote, encourage and support strategies to prevent or reduce harm from drug use for all participants at all levels (local, regional, state and national). Westnam United SC will:

7.1 ensure that medications are used when needed and according to directions

7.2 adopt and be guided by the Sports Medicine Australia Medical Emergency Planning Guide



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7.3 discourage the use of medications during injury/recovery that would enable participants to compete where they would not otherwise have been able to

7.4 educate participants through the delivery of drugs in sport information at courses conducted by **Westnam United SC**.

8. Misuse of drugs or substances

Westnam United SC will:

8.1 adopt and abide by the [Football Federation Australia Doping Policy](#)

8.2 provide appropriate education for participants as to the potential harm of using prohibited or banned substances

8.3 ban the use of illegal or performance enhancing drugs at all **Westnam United SC** activities

8.4 not allow participants under the influence of illegal or performance-enhancing drugs to participate in training or matches, in order to prevent harm to themselves and other participants

8.5 provide drug education to all elite athletes and coaching/administrative staff of club representative teams

8.6 ensure that athletes with conditions requiring the therapeutic use of drugs that are banned or restricted, have provided adequate and correct notification to [Football Federation Australia Doping Policy](#)

8.7 ensure the use of illicit and/or performance-enhancing drugs will not be glamorised or promoted

9. Other

Westnam United SC will:

9.1 ensure elite athletes act as appropriate role models for junior participants

9.2 review the health policy annually

9.3 ensure breaches of the policy are addressed through **Westnam United SC** management

Club President Name (Print): TED NGUYEN

Club President Signature:

Date: 26/05/2020

Club Secretary Name (Print): ANTHONY NGUYEN

Club Secretary Signature:

Date: 26/05/2020



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