



## Healthy Club Policy for Arena Swim Club

### 1. Smoking

The Arena Swim 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, and all club functions are smoke free.
- ✓ Not selling tobacco products.
- ✓ Prominently displaying non-smoking signage.
- ✓ Displaying appropriate no smoking promotional material at club premises.
- ✓ Create a Healthy page on the ASC club web site and include links to web sites providing information on the risks of smoking and educational material for no smoking.

### 2. Alcohol

The Arena Swim 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 and providing free un bottled water.
- ✓ Providing responsible server training for paid staff and volunteers who serve alcoholic drinks.

### 3. Other Drugs

The use of illicit drugs and performance enhancing drugs is not permitted by any Arena Swim Club member or patron.

### 4. Sun Protection

The Arena Swim Club will take all reasonable steps to address sun safe practices by, where possible:

- ✓ Scheduling activities outside the hours of 10.00am to 3.00pm.
- ✓ Making maximum usage of existing shade facilities.
- ✓ Making maximum usage of club portable shade facilities.
- ✓ Following the Cancer Foundation of Western Australia guidelines for Sun Smart clothing, use of sunscreen and wearing of hats.
- ✓ Provide SPF30+ broad spectrum sunscreen for members during daytime outdoor functions

## **5. Sport Safety**

The Arena Swim Club will encourage all members to adopt practices that seek to prevent injury by:

- ✓ Promoting the use of protective equipment including suitable clothing and footwear.
- ✓ Providing safe playing surfaces, first aid equipment and accredited First Aiders/Sports Trainers at all training sessions and competitions.
- ✓ Ensuring adequate public liability and swimmer insurance of all members.

## **6. Healthy Eating**

The Arena Swim Club recognises the importance of good nutrition for sports performance by:

- ✓ Providing adequate information on good nutrition and sports performance.
- ✓ Use the ASC web site and club newsletter as a means of providing healthy eating information.
- ✓ Ensuring when food is provided, healthy alternatives are available.
- ✓ Ensuring healthy food choices are priced competitively

Adult swimmers, coaches and club members are expected to set appropriate examples and act as role models for junior club members.

The Arena Swim 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 any members of the committee. Thankyou for your co-operation.

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1/2/06

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**President**

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**Date**