

# **MOUNT HAWTHORN CARDINALS JFC HEALTHY CLUB POLICY**



## **Healthy Club Policy for Mount Hawthorn Cardinals JFC (herein referred to as the Club)**

### **Smoking**

The 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, the bar, and all club functions are smoke free.
- Not selling tobacco products on the premises.
- Prominently displaying non-smoking signage.

### **Alcohol**

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

- Discouraging excessive or rapid consumption.
- The Club does not sell alcohol on its premises.

### **Other Drugs**

The 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**

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

- Making maximum useage of existing shade facilities
- Following the Cancer Council Western Australia guidelines for SunSmart clothing, use of sunscreen and wearing of hats where possible.

### **Sport Safety**

The 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 including mouthguards, 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 of 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.

## **MOUNT HAWTHORN CARDINALS JFC HEALTHY CLUB POLICY**



### **Healthy Eating**

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

- Ensuring when food is provided, healthy alternatives, in accordance with the Dietary Guidelines for Australians, are available.
- Promoting good nutrition and healthy eating messages.

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.

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.