



**KENWICK FOOTBALL CLUB**

**HEALTHY CLUB POLICY**

This policy applies to all members, administrators, officials, coaches, players, visitors and volunteers of the Kenwick Football Club.

## **Alcohol**

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

- Discouraging excessive or rapid consumption of alcohol e.g. happy hours, drinking competitions.
- Ensuring alcohol is not served to any person who is intoxicated or under the age of 18 years.
- Promote lower pricing on low and non-alcoholic drinks and providing free un-bottled water.
- Provide responsible server training for paid staff and volunteers who serve alcoholic drinks in our bar

## **Other Drugs**

The Kenwick Football Club will take all reasonable care and attention to:

- Discourage the use of medications in respect of injury/recovery that would enable a participant to compete where they would not otherwise have been able.
- Monitor and control the use and administration of medications is monitored and controlled.
- Adopt and be guided by the Sports Medicine Australia policy concerning the administration of medications by non-medical personnel.
- The non-condoning use of illicit & performance-enhancing drugs.
- Contact a relevant agency and seek professional advice in the event that club personnel have reason to believe a member may be using illicit drugs (i.e. -Alcohol & Drug Information Service) .

## **Smoking**

- See Kenwick Football Club Smoke Free Policy

## **Sun Protection**

The Kenwick Football 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 and Injury Prevention**

The Kenwick Football 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 -body padding, mouth-guards, 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**

The Kenwick Football 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 children and adults are available.
- Promoting good nutrition and healthy eating messages.
- Ensuring safe food handling, service and storage practices are undertaken

## **Noncompliance strategy**

The following four step non-compliance strategy will be followed if anyone breaches the Kenwick Football Clubs healthy club policy

- Assume that the person is unaware of the policy
- A staff member or club representative will approach the person breaching the policy and ask them to refrain from the behavior and remind them about the policy
- If an offence continues (i.e. someone continues to smoke in a smoke free area or is intoxicated) the most senior staff member will verbally warn them again and state that if the person continues the behavior they will be asked to leave.
- If the offence does continue then the patron will be escorted out of the facility by security, staff and/or a senior club representative.

## **Policy review**

This policy will be reviewed annually at the Annual General Meeting of the Kenwick Football Club.