



Healthy Club Policy for Karrinyup Saints Junior Football Club

1. Smoking

The Karrinyup Saints Junior Football Club (KSJFC) recognises that passive smoking is hazardous to health and that non-smokers should be protected from the involuntary inhalation of tobacco smoke.

Accordingly, the following policy applies to all venues and functions under our control. This policy applies to all committee members and visitors of the KSJFC.

- ✓ Ensuring all areas of the club, including the change rooms, offices, the canteen, and all club functions are smoke free, and no ashtrays will be placed anywhere in the building.
- ✓ Coaches, officials and all volunteers are prohibited from smoking whilst with juniors, and are encouraged to act as positive role models for the smoke free message.
- ✓ Encourage no smoking on the oval and around the boundary lines during games and training sessions. These areas are designated Smoke-free Zones.
- ✓ Not selling tobacco products on the premises.
- ✓ Prominently displaying non-smoking signage.

2. Alcohol

The Karrinyup Saints Junior Football Club will promote a friendly, safe and enjoyable environment, free from alcohol at all junior events. The KSJFC will promote responsible adult use of alcohol at any adult social events and adhere to Liquor Licensing requirements.

- ✓ The consuming of alcohol is prohibited in all indoor & outdoor areas of the Club & grounds during junior sporting activities/events. Alcohol can only be consumed by adults after the completion of events but not before at least one half hour after the final game for that day has been played.
- ✓ Discouraging excessive or rapid consumption of alcohol eg happy hours, drinking competitions and encourage the consumption of low alcohol beverages.
- ✓ Prohibit the consumption of alcohol by any person who is under the age of 18 years when participating in any Club activities.
- ✓ Promoting non-alcoholic drinks and providing free unbottled water.
- ✓ Not allow participants under the influence of alcohol to participate in training or matches, in order to prevent harm to themselves and other participants.

3. Other Drugs

The Karrinyup Saints Junior Football Club will actively seek to promote, encourage and support strategies to minimise harm from drug use for all participants at all levels. Where possible the KSJFC will:



- ✓ Ensure that medications are only used when needed and according to directions.
- ✓ Adopt and be guided by the Sports Medicine Australia policy on the administration of medications by non-medical personnel.
- ✓ Discourage the use of medications in respect of injury/recovery that would enable a participant to compete where they would not otherwise be able.
- ✓ Educate participants regarding the potential harm of using prohibited or banned substances through the delivery of drugs in sport information.
- ✓ Ban the use of illegal drugs at all activities by players, coaches, officials and volunteers.
- ✓ Not allow participants under the influence of illegal drugs to participate in training or matches, in order to prevent harm to themselves and other participants.

4. Sun Protection

The health of members and supporters is of primary concern to the Karrinyup Saints Junior Football Club. We will actively seek to promote, encourage and support sun protection at matches, at training and all social outdoor activities organised by the Club or its associations. Where possible the KSJFC will:

- ✓ Provide sun screen lotion at the canteen for use by all members and spectators at all home games and in first aid kits for away games.
- ✓ Follow the Cancer Foundation of Western Australia guidelines for SunSmart clothing, use of sunscreen and wearing of hats.
- ✓ Promote sun safety through posters, newsletters and when addressing the members at Club events.
- ✓ Consider SunSmart clothing when choosing or designing Club uniforms. Actively promote and make available for sale SunSmart clothing.

5. Sport Safety

The safety of all members is our primary concern.

The Karrinyup Saints Junior Football Club will actively seek to promote, encourage and support SportSafe strategies for all training and games at all levels throughout the Club.

Where possible the KSJFC will:

- ✓ Allocate resources within the committee for developing, promoting and implementing sports safety initiatives. (eg. Replacement of club safety equipment, injury prevention/first aid training for club personnel).
- ✓ Ensure that sports safety is a regular agenda item at our club committee meetings.
- ✓ Ensure that there is adequate public liability and player insurance all year round.



- ✓ Adopt Sports Medicine Australia's policies and guidelines on;
 - Blood/ infectious diseases
 - Dehydration/fluid replacement
 - Administering medications
- ✓ Encourage senior players, coaches, umpires, officials and parents to be sports safety role models and to be aware of their roles and responsibilities.
- ✓ Ensure that an emergency management plan is implemented. This includes:
 - appointment of a first aid co-ordinator in each team
 - access to details on emergency contact numbers/location for hospital, doctors, dentists and sports physiotherapists
 - access to well stocked first aid kits, stretcher, and blankets.
- ✓ Undertaking ground and facility inspections to ensure areas are free from debris. (glass, rocks, rubbish, holes, syringes, etc.)
- ✓ Actively promote the use of protective equipment including **mouthguards**, suitable clothing and footwear.
- ✓ Ensure all goal posts are padded during training and competitions.
- ✓ Providing safe playing surfaces, first aid equipment and accredited First Aiders/Sports Trainers at all training sessions and competition matches.
- ✓ Ensure parents or players complete a pre-season medical history form for players and keep records of all player health conditions and advise appropriate persons.
- ✓ Ensure players/members participate in planned pre-season training programs prior to the commencement of the season.
- ✓ Include warm up, stretching and cool down activities for all training and competition matches.
- ✓ Ensure all sporting equipment is well maintained and in good working order.
- ✓ Advise players to replace fluids before, during and after training and competition sessions, and to have their own water bottle.
- ✓ Encourage any player who has an illness or serious injury to seek a medical clearance before returning to training and competition.
- ✓ Any player showing signs or symptoms of concussion should be removed from the field immediately and referred to a medical practitioner and not allowed to return to the field until cleared by a medical practitioner.
- ✓ Promote SportSafe strategies through posters, newsletter and brochures.



6. Healthy Food Choices

The Karrinyup Saints Junior Football Club recognises that healthy eating is vital for health and sporting performance.

The Karrinyup Saints Junior Football Club acknowledges that healthy eating can have an impact on our health and that the provision of healthy foods will contribute to better health to all. The KSJFC will ensure that a variety of healthy food and drink choices are available for all KSJFC activities and events including (but not limited to) training sessions, game days, committee meetings and Club functions.

Where possible the KSJFC will:

- ✓ Adopt the principles outlined in the *Dietary Guidelines for Australian Adults* when planning healthy choices for sale in the canteen and all catering.
- ✓ Committing teams to ensure fruit is provided for players at half time.
- ✓ Providing adequate information on good nutrition and sports performance through posters, newsletters and brochures.
- ✓ Provide healthy alternatives in regards to food and drink at the canteen. All hot foods is to be low in saturated fats and we will avoid the use of oils, margarine and salt when preparing foods.
- ✓ Ensure healthy food choices (eg; sultanas, nuts, fruits and health bars) are displayed at the canteen more prominently than other foods.
- ✓ Ensure that food safety and hygiene practices are adopted and comply with current food legislation.

Club members are expected to set appropriate examples and act as role models for junior club members.

Breaches of the policy will be addressed through the Club Committee.

This policy will be actively promoted by the Club and reviewed annually.

Anyone wishing to discuss any aspect of this policy is invited to contact any members of the committee. Thank you for your co-operation.