



Southern Saints

AFL Masters Inc.

Healthy Club Policy



2010

Introduction	
Smoke Free Policy	1
Food and Catering Policy	2
Alcohol Policy	3
Mentally Healthy Policy	4
Sun Protection Policy	5
Injury Prevention Policy	6
Drugs Policy	7
Other	8
Who Can Help?	9

Southern Saints AFL Masters Inc. (*Est 1986*)

Southern Saints AFL Masters Inc is a veterans 33yrs and over AFL football club competing in the AFL Masters competition of Western Australia.

Healthway sponsorship supports the club in many capacities including information on healthy living choices, provision of sun protection, medical kit, responsible alcohol consumption etc.

The Southern Saints wish to adhere to a set of policies within the organisation regarding responsible alcohol consumption, healthy food choices, sun safety, injury prevention and management and most of all active healthy living principles coupled with great team and community spirit.

Following are a set of policies designed to foster these principles and build on them into the future.

Regular assessment of the currency of these policies will be a key to maintaining an efficient well balanced club environment for all concerned at the Southern Saints.

1. Smoke Free Policy

SOUTHERN SAINTS AFL MASTERS INC. recognises that smoke free environments protect non-smokers from the harmful effects of Environmental Tobacco Smoke (ETS) and contribute to reducing tobacco consumption levels.

SOUTHERN SAINTS AFL MASTERS INC. will:

1.1 Adopt and implement a smoke free policy for all indoor venues, outdoor functions and events under SOUTHERN SAINTS AFL MASTERS INC. control and will not sell tobacco products at any SOUTHERN SAINTS AFL MASTERS INC. 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 SOUTHERN SAINTS AFL MASTERS INC. control;

1.4 Ensure no SOUTHERN SAINTS AFL MASTERS INC. staff smoke while taking part in any program under the control of SOUTHERN SAINTS AFL MASTERS INC.

1.5 Actively encourage and support affiliated clubs/associations to either adopt the SOUTHERN SAINTS AFL MASTERS INC. health policy or develop and implement their own health policy.

2. Food and Catering

SOUTHERN SAINTS AFL MASTERS INC. understands and recognises the importance of good nutrition and the role it plays in maintaining health.

SOUTHERN SAINTS AFL MASTERS INC. will ensure:

2.1 Where food is available at functions and activities conducted by SOUTHERN SAINTS AFL MASTERS INC, 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 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 SOUTHERN SAINTS AFL MASTERS INC will actively seek to promote, encourage and support strategies to minimise harm from alcohol and other drug use.

SOUTHERN SAINTS AFL MASTERS INC. 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 The availability of alcohol will be restricted to suitable and appropriate times e.g. a launch or post event function;

3.10 Responsible alcohol use is actively promoted and safe transport options are encouraged and promoted at events where alcohol is available;

3.11 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; and

3.12 Participants known to be under the influence of alcohol are not permitted to participate in training or matches.

4. Maintaining Mental Health

SOUTHERN SAINTS AFL MASTERS INC. 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; and

4.5 Encourage staff, volunteers and participants to treat all groups in the organisation and the community with respect, equality and openness.

5. Sun Protection

SOUTHERN SAINTS AFL MASTERS INC. recognises that exposure to ultraviolet (UV) radiation has negative health effects and will therefore introduce measures to minimise exposure.

SOUTHERN SAINTS AFL MASTERS INC. will;

5.1 Strongly recommend and support sun safe practices for all activities;

5.2 Where possible, encourage activities to be conducted before 10.00am or after 3.00pm 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; and

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

6. Injury Prevention

SOUTHERN SAINTS AFL MASTERS INC. is committed to improving the health of its players and coaches through safe participation in sport and physical activity. SOUTHERN SAINTS AFL MASTERS INC. will:

6.1 Encourage all players use mouth guards when playing in any SOUTHERN SAINTS AFL MASTERS INC. 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; and

6.7 Encourage correct fluid replacement practices at all training and competition sessions.

7. Drug Policy

The health and safety of all participants is SOUTHERN SAINTS AFL MASTERS INC's primary concern.

SOUTHERN SAINTS AFL MASTERS INC. 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).

SOUTHERN SAINTS AFL MASTERS INC. will:

7.1 Discourage the use of medications during injury/recovery that would enable participants to compete where they would not otherwise have been able to; and

Misuse of Drugs or Substances

SOUTHERN SAINTS AFL MASTERS INC. will:

7.2 Adopt and abide by the Australian International Football Association Doping Policy;

7.3 Provide appropriate education for participants as to the potential harm of using prohibited or banned substances;

7.4 Ban the use of illegal or performance enhancing drugs at all SOUTHERN SAINTS AFL MASTERS INC. activities;

7.5 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;

7.6 Ensure the use of illicit and/or performance enhancing drugs will not be glamorised or promoted.

8. Other

SOUTHERN SAINTS AFL MASTERS INC. will:

8.1 Ensure athletes act as appropriate role models for junior participants;

8.2 Review the health policy annually; and

8.3 Ensure breaches of the policy are addressed through SOUTHERN SAINTS AFL MASTERS INC. Management.

9. Who Can Help?

Other services and agencies that may be useful:

Smoking

Department of Health – information on smoking policies and legislation

www.health.wa.gov.au/tobaccocontrol

Quitline telephone 137 848 (13QUIT) for information and support on quitting smoking.

Youth Smoking - Smarter than Smoking – National Heart Foundation:

Telephone 9388 3343, www.OxyGen.org.au

ACOSH - Australian Council on Smoking and Health:

Telephone 9212 4300 www.acosh.org

The Cancer Council WA – Make Smoking History Campaign and Fresh Start Program

Telephone 9212 4333 www.cancerwa.asn.au

Nutrition/Food Safety

Heart Foundation telephone 9388 3343 or the Heart Foundation's Health Information

Service telephone 1300 362 787 www.heartfoundation.org.au

The Cancer Council WA telephone 9212 4333

www.cancerwa.asn.au

or access recipes and ideas at www.gofor2and5.com.au.

WA School Canteens Association telephone 9264 4999

www.waschoolcanteens.org.au

for healthy food products -

Star Choice – Registered Products:

www.waschoolcanteens.org.au/pages/starchoice/01-starchoice.htm

Department of Health WA, Healthy Options WA: Food and Nutrition Policy; Traffic Light Criteria

www.healthyoptions.health.wa.gov.au/viitors/traffic_light.cfm

FOODcents program telephone 9212 4352

www.foodcentsprogram.com.au.

Food Safety - Food Safety Section – Department of Health

Telephone 9388 4922 for training and information on food safety regulations; www.health.wa.gov.au/envirohealth/food/foodsafety.cfm

www.health.wa.gov.au/envirohealth/food/foodsafety.cfm

Foodsafe – Australian Institute of Environmental Health;

www.foodsafe.aieh.org.au/