



Healthy Club Policy

Kalamunda Rangers recognises that a healthy club provides a better environment for all of its members. To this end the following policy shall be implemented at all Club events.

Smoking

Kalamunda Rangers 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

Kalamunda Rangers recognises that there are safe levels of alcohol consumption, however excessive consumption can be a major risk to the individual and public health and safety. We also recognise the right of every individual to enjoy themselves in a safe, sociable, reliable and legal environment.

With this in mind Kalamunda Rangers will promote the responsible adult use of alcohol by:

- Discouraging excessive or rapid consumption of alcohol (e.g. no 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;
- Ensuring unbottled drinking water is freely available;
- Ensuring food is offered at all times that alcohol is available;
- Providing responsible server training for paid staff and volunteers who serve alcoholic drinks in our bar.

Other Drugs

Kalamunda Rangers 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

The health of the community is of prime concern to us. We will actively seek to promote, encourage and support sun protection at all events.

Kalamunda Rangers will take all reasonable steps, where possible, to address sun safe practices by:

- Making SPF 30+ broad spectrum water resistant sunscreen available for all members;
- Making maximum usage of existing shade facilities. When shade is not adequate we will endeavour to provide temporary shade for all activities;
- Following the Cancer Council Western Australia guidelines for SunSmart clothing and wearing of hats. At a minimum, any player or official (umpire, coach or scorer) must wear a hat while on the field.

Healthy Eating

Kalamunda Rangers recognises the importance of good nutrition for sports performance. We will:

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

Sport Safety

The safety of all athletes is our primary concern.

We will actively seek to promote, encourage and support Sport Safe strategies for all training and competition sessions at all levels.

Where possible Kalamunda Rangers will:

- Allocate resources for developing, promoting and implementing sport safety initiatives (eg. replacement of club safety equipment, injury prevention/first aid training for club personnel);
- Appoint a sport safety coordinator position on the committee;
- Ensure that sport safety is a regular agenda item at our club committee meetings;
- Ensure that there is adequate public liability and player insurance;
- Adopt Sports Medicine Australia's policies and guidelines on:
 - Blood/infectious diseases
 - Pregnancy and sports participation
 - Children in sport
 - Dehydration/fluid replacement
 - Hot weather
 - Administering medications
- Encourage adult athletes, coaches, referees/umpires, officials and parents to be sport safety role models and to be aware of their roles and responsibilities;
- Ensure athletes complete a pre-season medical history form, and that injury records are maintained throughout the season;
- Ensure players/members participate in planned pre-season training programs prior to the commencement of the competition season;
- Promote sport safe strategies through the website, posters, newsletters, brochures and over the public address system at competitions;
- Ensure that an emergency management plan is implemented. This includes:
 - appointment of emergency co-ordinator
 - access to details on emergency contact home numbers/location
 - maintenance of first aid room, adequately stocked and maintained first aid kit and stretcher;
- Consider the reasons for and appropriateness of any rules that prevent the implementation of sport safety strategies;
- Review the Healthy Club Policy annually.

Kalamunda Rangers encourages all members to adopt practices that seek to prevent injury by:

- The use of protective equipment including body padding and mouthguards (where applicable);
- Wearing suitable clothing and footwear at all times;
- Including warm up, stretching and cool down activities for all training and competition matches;
- Maintain playing surface areas and check before any training or competition for obstructions or potential dangers;
- Ensure all sporting equipment is well maintained and in good working order;
- Replacing fluids before, during and after training and competition sessions, and to have their own water bottle;
- Seeking a medical clearance for any athlete who has an illness or serious injury before returning to training and competition.

General

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.