

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, including training, games, social and fundraising events and represents our club's commitment to its members, volunteers and visitors, acknowledging the role that sporting clubs and associations play in building strong and healthy communities

1. Smoking

Kalamunda Rangers Club recognises that smoking and passive smoking, including the use of e-cigarettes, are hazardous to health. We will ensure a smoke-free environment by:

- 1.1. Ensuring all areas of the club, including the change rooms, offices, clubrooms, canteen and bar preparation and service areas, as well as all club functions are smoke free;
- 1.2. Ensuring all outdoor playing and training areas are smoke free.
- 1.3. Ensuring all spectator areas are smoke free.
- 1.4. Not selling tobacco products on the premises;
- 1.5. Prominently displaying nonsmoking signage.

2. 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 use of alcohol by:

- 2.1. Activities involving the sale, supply or consumption of alcohol will be managed in a manner consistent with the liquor licencing legislation (Liquor Control Act 1988), this policy and other club bylaws.
- 2.2. Ensuring alcohol is not consumed in the vicinity of all junior outdoor playing and training areas;
- 2.3. Ensuring alcohol is not consumed in club changerooms when people under the age of 18 are present.
- 2.4. Discouraging excessive or rapid consumption of alcohol (e.g. no happy hours, drinking competitions or cheap drink offers);
- 2.5. Information on standard drink measures will be displayed where alcohol is served and not provided in a pre-packaged format;
- 2.6. Ensuring alcohol is not served to any person who is, or appears to be, intoxicated. If a person becomes intoxicated, they will not be served alcohol but will be provided with water;
- 2.7. Ensuring alcohol is not served or supplied to any person who is under the age of 18 years; this includes sending a juvenile for the purpose or obtaining liquor or supplying the juvenile with alcohol for consumption, either via secondary sales or with parental consent. Photographic proof of age to be sought whenever the age of a person requesting alcohol is in doubt;
- 2.8. Alcohol can only be sold for consumption in designated wet areas. All alcohol shall be served in open containers and shall not be sold or supplied for consumption elsewhere than on club premises.
- 2.9. No alcohol shall be sold or supplied for consumption elsewhere than on the Club premises.
- 2.10. Promoting lower pricing on low-alcohol and nonalcoholic drinks;
- 2.11. Ensuring unbottled drinking water is freely available;



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- 2.12. Ensuring substantial food is offered at all times that alcohol is available;
- 2.13. Encouraging safe transport practices to and from club events, both at our home grounds or elsewhere;
- 2.14. Providing responsible server training for paid staff and volunteers who serve alcoholic drinks in our bar, to a maximum of two per year. Additional training may be accommodated, as required, on a case-by-case basis;
- 2.15. Discouraging providing awards and fundraising prizes that have an emphasis on alcohol;
- 2.16. Not post images on social media of our members or others drinking alcohol irresponsibly at club activities.
- 2.17. Encourage safe consumption of alcohol at club events by
 - a. not including unlimited service of alcohol in the price of event tickets; where drinks are included in the event pricing, drinks shall be limited to a maximum of four per person;
 - b. not hosting all-you-can drink functions;
 - c. ensuring no alcohol-only vouchers are provided;
 - d. not overemphasising the availability of alcohol or the amount of alcohol available;
- 2.18. Discouraging consumption of alcohol by providing nonalcoholic drinks for RSA/Approved Manager staff rostered on duty.
- 2.19. No payment or part payment to any secretary, treasurer, manager or other office or servant of the Club shall be made by way of commission or allowance from or upon receipts of the Club for liquor.
- 2.19 Sponsorship and advertising opportunities from the alcohol industry shall be permitted for senior teams only. There shall be no promotion of any alcohol product during Club events and functions.
- 2.20. Members may introduce guests to the Club at any time, provided that:
 - No member may introduce more than five guests to the Club at any one time. A guest shall not be supplied with liquor in the Club premises except on the invitation and in the company of that member;
 - A guest shall be supplied with liquor to be consumed on the Club premises only;
 - The member introducing the guest shall be responsible for the proper conduct of that guest whilst on the Club premises;
 - A member may, at their expense and with the approval of the Club Committee, supply liquor to guests, without limitation as to number, at a function held or by or on behalf of that member at the Club premises; and
 - Any person who has been refused membership of the Club or who is under suspension or expulsion from the Club shall not be admitted as a guest of any member of the Club.

Kalamunda Rangers recognises that a significant proportion of our membership are juveniles and should be able to utilise the facilities of the Clubrooms as needed. To enable this to occur and still maintain compliance with liquor licencing regulations:

- 2.21. Juveniles are permitted to be on licensed premises for legitimate reasons such as:
 - they are a member of a Club;
 - where the premises is being used for a function;
 - obtaining a meal;
 - under the supervision of a responsible adult (parent, step-parent, spouse, de facto partner, legal guardian or person *in loco parentis*);
 - as an employee in accordance with the requirements of the Act;
 - where the premises is being used for an underage event.

3. 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.

- 3.1. The use of illicit drugs and performance enhancing drugs is not permitted by any Club members or patrons;
- 3.2. We will adopt and be guided by the Sports Medicine Australia policy on the administration of medications by nonmedical personnel;

4. 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:

- 4.1. Making SPF 30+ broad spectrum water resistant sunscreen available for all members;
- 4.2. Making maximum usage of existing shade facilities. When shade is not adequate we will endeavour to provide temporary shade for all activities;
- 4.3. 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.
- 4.4. Encouraging all members to review and be aware of the rationale and actions contained within our Extreme Weather Policy.

5. Safe Transport

Kalamunda Rangers recognises the safe transport of our members and guests to and from games, activities and other events plays an important role in a healthy club. We will:

- 5.1. Encourage members to plan how they will arrive at a club-sanctioned event and return home safely.
- 5.2. Ensure telephone calls can be made free of charge to a sober person or transport service company to provide transport from club events.
- 5.3. Encourage parents of junior players to plan, and advise the club representative, of transport arrangements if they are not available to attend themselves.

6. Mental Health

Kalamunda Rangers recognises the impact mental health problem can have, not just on our players but on the community. We will:

- 6.1. Encourage members to be aware of their own and others mental health.

7. Healthy Eating

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

- 7.1. Ensure, when food is provided healthy alternatives, in accordance with the Dietary Guidelines for Australians, are available;
- 7.2. Promote good nutrition and healthy eating messages.
- 7.3. Require supervisory staff to undertake online [Canteen and Food Staff training](#).

8. Safety

The safety of all members is our primary concern. We will actively seek to promote, encourage and support Safe strategies for all club activities, including training and competition sessions at all levels.

8.1. Where possible Kalamunda Rangers will:

- a. Allocate resources for developing, promoting and implementing sport safety initiatives (eg. replacement of club safety equipment, injury prevention/first aid training for club personnel);
 - b. Appoint a sport safety coordinator position on the committee;
 - c. Ensure that sport safety is a regular agenda item at our club committee meetings;
 - d. Ensure that there is adequate public liability and player insurance;
 - e. 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
 - f. Encourage adult athletes, coaches, referees/umpires, officials and parents to be sport safety role models and to be aware of their roles and responsibilities;
 - g. Ensure athletes complete a pre-season medical history form, and that injury records are maintained throughout the season;
 - h. Ensure players/members participate in planned pre-season training programs prior to the commencement of the competition season;
 - i. Promote sport safe strategies through our website, social media outlets, posters, newsletters, brochures and over the public address system at competitions;
 - j. Implement strategies to create awareness of what a Healthy Club is, advise members, volunteers and guests that the club is a Good Sports accredited club and to promote the contents of this Policy at all club events and invitations/flyers.
 - k. Ensure that an emergency and incident 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;
 - l. Consider the reasons for and appropriateness of any rules that prevent the implementation of sport safety strategies;
 - m. Ensure that juveniles under the age of 15 are not employed in the canteen, unless by negotiation and approval of the Canteen Manager. Juvenile volunteers shall not operate within areas exposed to increased danger (e.g., hot elements, fryers, etc).
 - n. Review the Healthy Club Policy annually.
- 8.2. Kalamunda Rangers encourages all members to adopt practices that seek to prevent injury by:
- a. The use of protective equipment including body padding and mouthguards (where applicable);

- b. Wearing suitable clothing and footwear at all times;
- c. Including warm up, stretching and cool down activities for all training and competition matches;
- d. Maintain playing surface areas and check before any training or competition for obstructions or potential dangers;
- e. Ensure all sporting equipment is well maintained and in good working order;
- f. Replacing fluids before, during and after training and competition sessions, and to have their own water bottle;
- g. Seeking a medical clearance for any athlete who has an illness or serious injury before returning to training and competition.

9. General

- 9.1. Adult players, coaches and club members are expected to set appropriate examples and act as role models for junior club members.
- 9.2. Club members, volunteers and visitors will accept responsibility for their own behaviour, use good judgment and take responsibility when implementing the contents of this policy, and assist and encourage others to use the same. Members are encouraged to implement the contents of this policy at nonofficial club events, including but not limited to end-of-season team functions/trips
- 9.3. The Club will make information available to Club members and families to promote a GoodSports healthy lifestyle, and provide reliable resources where members can find support when dealing with issues relating to, but not limited to, alcohol, drug use, mental health, smoking, and healthy eating.
- 9.4. Breaches of this Policy will be addressed through the Club Committee and may involve sanctions.
- 9.5. Anyone wishing to discuss any aspect of this Policy is invited to contact any member of the Committee.