

# Healthy Club Policy

Developed by Swimming WA for the benefit of all members and the community, the following must be observed for all events and activities conducted by Swimming WA and its Affiliated clubs. The policy also complies with requirements to be met between Healthway and Swimming WA.

## Tobacco Policy

Swimming WA recognizes that smoke free environments protect non-smokers from the harmful effects of environmental tobacco smoke (ETS) and contribute to reducing tobacco consumption levels. Swimming WA will encourage quitting attempts and discourage the uptake of smoking particularly by young people.

- All indoor and outdoor pool environments including participant and audience areas are 100% smoke free
- All functions (including presentation evenings, meetings and sponsorship VIP events) will be 100% smoke free.
- All venues where the sponsored programs and events are held will be 100% smoke free.
- Tobacco products will not be sold on any premises under the control of Swimming WA.
- Any person either employed by or representing Swimming WA in any capacity will refrain from smoking at any official engagement or activity related to the sponsored program.
- This No Smoking Policy will extend to all members at all times when wearing Swimming WA and/or sponsorship apparel.

## Food and Catering Policy

Swimming WA understands and recognizes the importance of good nutrition and the role it plays in maintaining and improving health.

- Where food is available at functions and activities, healthy alternatives will be served.

## Alcohol and Other Drugs Policy

Swimming WA is committed to ensuring responsible service of alcohol and supporting and promoting strategies to minimise harm from alcohol use. The organisation will ensure compliance with all relevant policy guidelines constructed by the WA Director of Liquor Licensing.

Participants known to have consumed alcohol will not be permitted to participate or perform; where alcohol is available;

- Lower strength and non-alcoholic beverages will be available and promoted and competitively priced;
- Alcohol will be 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;
- Excessive and/or rapid consumption of alcohol will be discouraged e.g. no happy hours and drinking competitions;
- No more than two alcoholic beverages will be served to an individual at any time;
- Responsible server training will be provided for paid staff and volunteers who serve alcoholic drinks;
- Alcohol will not be used for prizes or awards;
- Food and tap water will be made available;

- Alcohol consumption by parents, coaches/instructors and other influential personnel will be discouraged particularly where young people are involved;
- The availability of alcohol will be restricted to suitable and appropriate times e.g. a launch or post event function;
- Drinks will be served in standard size drink portions and plastic containers will be encouraged at events, particularly outdoor events;
- Responsible alcohol use will be actively promoted and safe transport options for patrons will be encouraged and promoted at events where alcohol is available;

### **Sun Protection Policy**

Swimming WA recognizes that exposure to ultraviolet radiation (UVR) has negative health effects and will therefore introduce measures to minimize exposure.

- Swimming WA strongly recommends and supports sun safe practices for all activities
- Activities should be conducted outside the hours of 10:00am and 3:00pm when UVR is at its peak whenever possible
- Natural shade will be utilized to protect participants and spectators wherever possible
- Staff and members representing Swimming WA will always act as positive role models by adopting sun protection behaviours, such as wearing long sleeved shirts, extra long shorts, sunglasses and applying sunscreen

### **Sports Safe Policy**

Swimming WA is committed to improving the health of the community through safe participation in sport and physical activity

- Warm up, stretch and cool down routines will be defined in the program for all Swimming WA meets. Swimmers and coaches will ensure that these are carried out
- An appropriate qualified first aid person will be in attendance at all training and competition sessions.
- Appropriate first aid equipment shall be available during all warm up periods and competition sessions.
- The irresponsible use of alcohol will not be glamorised or promoted and there will be no external advertising of the availability of alcohol e.g. promotional signage, tickets.