

**Healthy Clubs Policy**



**Perth Angels Football Club  
Healthy Club Policy  
August 2016**

# Healthy Clubs Policy

## 1. Introduction

Perth Angels Football Club is committed to providing a safe, healthy and secure environment for all our members and for those affected by its operations and activities. To promote healthy lifestyles and raise awareness, Perth Angels FC have produced a Healthy Club Policy; providing information and facilitating the implementation of appropriate Club behaviours, which all members and their associates are bound by

These policies are designed to eliminate the risks inherent in the use / abuse of drugs, alcohol or other substances and promote, adopt and address safer alternatives by encouraging members to maintain good health and wellbeing through a suitable lifestyle balance.

## 2. Associated Policies

A number of policies have been designed to promote a safe, health and secure environment. Policies are listed below with relevant descriptions and background:

### 2.1 Drugs

The drugs of most concern to the community are psychoactive drugs that affect the central nervous system and can change the way a person thinks, feels or behaves. Apart from the physiological damage, drugs also increase the chance of someone engaging in dangerous behaviors and putting themselves and/or others at risk of injury (or death). While illegal drugs, i.e. cannabis, speed, etc., tend to get most attention in the media, it should be noted that the legal drugs (alcohol, nicotine) cause the most harm in our community due to their widespread use and misuse.

#### 2.1.1 Illicit Drugs

As stated above, the use of illicit drugs has severe legal implications as well as the potential to impact greatly on a person's healthy and safety. The use of illicit drugs by anyone associated with Perth Angels Football Club is not only illegal but contrary to the sporting culture of the Club itself, and will not be tolerated. Therefore, a Club Drug Policy has been introduced to provide members, and associates, with standards that need to be strictly adhered to.

### 2.2 Smoking

The Perth Angels Football Club recognises that passive smoking (inhaling second-hand smoke) is hazardous to health and that non-smokers should be protected from tobacco smoke. Passive smoking can lead to other serious illnesses such as bronchitis, lung cancer, cardiovascular disease and chest illnesses in children. Accordingly, the following policy has been developed by Perth Angels FC to help protect people's health.

### 2.3 Alcohol

## **Healthy Clubs Policy**

Binge drinking and/or long-term misuse of alcohol affects the body's ability to perform and recover from injuries. Along with its diuretic effect of dehydration, it lowers blood sugar levels and muscle gain and also places extra stress on the heart, therefore Perth Angels FC have introduced an Alcohol Policy to educate its members on the negative effects of alcohol.

### **2.4 Sun Protection**

Although a balance of ultraviolet radiation (UV) exposure is important for health, too much UV from the sun can cause sunburn, cause skin damage, eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world. Two in three Australians will develop some form of skin cancer before the age of 70 years. Perth Angels have developed, and is promoting a SunSmart Policy to minimise the negative exposure of UV radiation in players, officials and volunteers.

### **2.5 Sport Safety**

Sport providers have a legal duty of care to protect the welfare of its participants and ensure they are not exposed to undue risk in any aspect of sports delivery. This is best achieved through continually updating knowledge and skills for providing a safe and healthy environment; safety concerns that Perth Angels have sought to control with the introduction of a Sports Safety Policy. A Policy that encourages all members to adopt practices that seek to prevent and/or control injury(ies), both on & off the field.

## **3. Drug Policy**

### **3.1 Rationale**

Currently there are two distinct but related illegal drug issues confronting sporting clubs:

- performance enhancing drugs
- illegal drugs used for social purposes (e.g. at parties, raves, in the home, at the club, etc).

These two categories are not mutually exclusive. Some illegal drugs used for social purposes, e.g. speed, may be used in an attempt to enhance sporting performance.

Perth Angels Football Club is committed to excellence on and off the playing field and to the health and well-being of all members – players, officials and supporters. The use of illegal drugs is a major health and social issue in Australian society today. Therefore the Club will attempt at all times to minimise the harm arising from drug use and to promote health by discourage the excessive or illicit use of any drugs, with the exemption of medically prescribed drugs .

The purpose of this policy is to ensure club members understand the club's position regarding illegal drugs and explain how the club will respond to a drug-related incident

## Healthy Clubs Policy

within its jurisdiction. Perth Angels need to be able consider the welfare of all individual/s involved as ignoring a drug problem in the hope it will go away is no solution.

### 3.2 Who is affected?

This policy applies to all members, administrators, officials, coaches, players, volunteers and visitors of the Perth Angels Football Club.

### 3.3 Hazard Management

No Perth Angels FC member, player, official or supporter may possess, use and/or supply an illegal drug

- Within the grounds/vicinity of the training and playing areas of Perth Angels Football Club or during other club-endorsed events
- At any other time/place where a member, player, official or supporter may lead a reasonable person to make a direct connection between the possession, supply or use of an illegal drug and Perth Angels Football Club.

Perth Angels will nominate a well respected nominee within the club to take responsibility for the management of any drug-related incidents and makes sure that the Club meets legal requirements in relation to alcohol and illegal drugs.

Educational sessions and programs will be introduced to ensure all players, officials and volunteers are informed regarding drugs in sport and the Perth Angel Football Club policy.

### 3.4 Breach of Policy.

Non-compliance, or suspected non-compliance of this policy will be viewed as a serious matter and any concerns regarding drug consumption/selling should be reported to the committee or designated person, who will be obliged to secure the drugs (if possible) and inform the local police of such allegations. The following procedure will be followed in securing the drugs.

- Securing Drugs – Place in snap-lock plastic bag
- 2 witnesses to seal & date bag
- Record in Incident Book
- Contact police and request that they attend to collect drugs
- Obtain signature of attending officer in Incident Book for proof of handover

Non-compliance, (or suspected non-compliance) will be viewed as a serious matter and will result in a disciplinary process being established and a complaint made in accordance with the Perth Angels Football Club Complaints Policy.

The appropriate investigation and disciplinary action will be decided upon as per the Perth Angels Football Club Investigation and Discipline Policy.

## Healthy Clubs Policy

### 4. Smoking Policy

#### 4.1 Rationale

Second-hand smoke is considered irritating and hazardous to the health of people, even when outdoors. Federal and State Legislation, and discussion papers outlining further options for reform of smoke-free Federal and State legislation, is constantly being introduced to restrict smoking in public areas and workplaces. Perth Angels has introduced this smoking policy to continue and re-enforce this trend.

Hopefully by making smoking less visible and less socially acceptable, i.e. de-normalising it, a significant impact on the more, easily influenced, junior members of the Club will be introduced in a more positive fashion.

Under Common Law, Perth Angels FC has a legal 'duty of care' to ensure that volunteers, players and officials are not exposed to potentially harmful situations, and have a safe environment to work in. By creating a healthier, more attractive environment, not only is the Club's image enhanced, but it will attract new members and positively promote the Club within the community.

#### 4.2 Who is Affected?

This policy applies to all members, administrators, officials, coaches, players, volunteers and visitors of the Perth Angels Football Club, and is acquiescent to both home and away games.

#### 4.3 Hazard Management-Designated Smoke Free Areas

The Perth Angels Football Club requires the following areas to be smoke-free:

- Club and Social Club rooms
- Changing rooms
- Toilet blocks
- Eating areas
- Spectator viewing areas
- Within 25m of all training/playing areas.

Perth Angels Football Club will take reasonable precautions to prevent any member, associate and/or visitor to the Club from engaging in any smoke-related activities by;

- Placing 'No Smoking' signs visibly in areas of concern
- Informing all concerned of Club policies through various Club mediums

Member, associates and/or visitors who have been made aware of, but blatantly refuse, or totally ignore the Club's Smoke-Free policy may be asked to leave the venue.

#### 4.4 Breach of Policy

Non-compliance, or suspected non-compliance should be reported to the Club's Management Committee.

## Healthy Clubs Policy

- a designated committee member should approach the (alleged) person(s) and remind them of the Club's Smoking policy.

Continued (alleged) non-compliance will result in a disciplinary process being established and a complaint made in accordance with the Perth Angels Football Club Complaints Policy.

The appropriate investigation and disciplinary action will be decided upon as per the Perth Angels Football Club Investigation and Discipline Policy.

### 4.0 Alcohol Policy

#### 4.1 Rationale

Binge drinking and/or long-term misuse of alcohol affects the body's ability to perform and recover from injuries therefore Perth Angels FC will promote the responsible use of alcohol by providing all members with education about the effects of alcohol, i.e. its diuretic effect of dehydration, lower blood sugar levels and lower muscle gain as well as the extra stress on the heart

The main benefit of an effective alcohol policy, with clear expectations around behaviour and responsibilities and transparency about how policy breaches and incidents will be responded to, is that it embeds desired behaviours relating to alcohol management. Changing the culture of a club, including members' attitudes and behaviours is a gradual process, therefore developing an alcohol policy is an effective first step to managing alcohol in sporting clubs. Leadership initiated positive club experiences will reduce the risk and impact of alcohol-related harms in the community

#### 4.2 Who is Affected?

This policy applies to all members, administrators, officials, coaches, players and visitors of the Perth Angels Football Club whilst at Lathlain Oval, or any other 'Away' Club endorsed activity

#### 4.3 Hazard Management

Consumption of alcohol will take place in designated zoned off licensed areas ONLY and at times specified by the Licensee. Alcohol shall not be consumed at any other time or place, when in association with any Perth Angels activities.

To minimise risk to Perth Angels FC's reputation and possible risk of legal liability in the event of personal or property damage, the following steps will be undertaken.

- The Club shall not endorse, or offer any support to any 'End of Season' trip or similar non-game activity and Club members shall not wear Club colours / insignia during any non-endorsed activities.
  - Liability lies solely with the organiser and therefore not covered by the Club's insurance.

## Healthy Clubs Policy

- Tap water will be made available without charge at all Club endorsed licensed events
- As part of a broader alcohol management strategy, Perth Angels will inform, educate and establish referral pathways for counselling and treatment (if required).

### 4.4 Breach of Policy

Non-compliance, (or suspected non-compliance) will be viewed as a serious matter and will result in a disciplinary process being established and a complaint made in accordance with the Perth Angels Football Club Complaints Policy.

The appropriate investigation and disciplinary action will be decided upon as per the Perth Angels Football Club Investigation and Discipline Policy.

## 5. Sun Protection Policy

### 5.1 Rationale

Our club/ organisation has a duty of care to provide a safe environment for everyone involved in our activities; providing a safe environment also includes protecting people from the harmful effects of UV radiation. People often experience sunburn and skin damage when playing or watching sport due to extended periods exposed to high levels of UV (3 and above) without appropriate sun protection, but too little UV from the sun can lead to low vitamin D levels.

Although unprotected exposure to the sun's ultra violet (UV) radiation can have an immediate negative impact on performance and hydration (which may also lead to heat illnesses), Vitamin D is essential for the development and maintenance of healthy bones and muscles, and for good general health, so we need a healthy balance.

Heat illness can occur with vigorously activity, or prolonged exposure in hot conditions, even if activity is low intensity. In sport, heat illnesses often presents itself as heat exhaustion or heat stroke (more life threatening). Symptoms may include: light headedness, dizziness, nausea, obvious fatigue or loss of skill and coordination, unsteadiness, cessation of sweating, confusion, aggressive or irrational behaviour, collapse or ashen grey pale skin. Therefore, Perth Angels have developed this policy to look and implement ways of minimising the exposure experienced by players, officials and volunteers during our pre-season and on-season periods.

The purpose of this policy is to ensure club members understand the club's position regarding sun protection and explain how the club will respond to, and minimise its exposure on players and volunteers.

### 5.2 Who is affected?

This policy is more directed towards the playing members and those closely associated with them during training/ playing football, i.e. coaches, managers, goal umpires, runners, water carriers, sports trainers etc.

## Healthy Clubs Policy

### 5.3 Hazard Management

Perth Angels Football Club will take reasonable precautions to prevent any member, or associate from succumbing to illnesses associated with heat by implementing (if possible) the following;

- promote the use of SPF 30 (or higher) water resistant sunscreen by having a supply on site
- schedule training times and outdoor events outside UV peak periods, i.e. 10:00an – 3:00pm
- If no manufactured shade is available, encourage players and spectators to take advantage of shade from buildings and trees.
- Ensure that water is always available during training, games and other Club endorsed activities and encourage participants to rehydrate often.
- Player interchange and substitution is used more frequently than usual.

#### 5.3.1 Emergency procedures

Trained first aid personnel or sports trainers should be present at training and events to monitored and evaluated sunburn and other heat illnesses. A record of all injuries (including heat illnesses) should be kept for future reference. At the 1<sup>st</sup> sign of any heat illness,

- Stop activity, rest and rehydrate
- Move the person into a cool place, out of direct sunlight.
- Remove unnecessary clothing to expose as much skin surface to the air as possible.
- To help lower body temperature, sponge / spray cold water and fan the person

## 6. Sport Safety Policy

### 6.1 Rationale.

Perth Angels Football Club has a duty of care to provide a safe environment for everyone involved in the Club's activities, protecting the welfare of young people and ensuring they are not exposed to risks in any aspect of sports delivery. One such risk is over-training and over-competing which can result in serious outcomes, e.g. injury, illness, negative psychological effects and burnout. An important role in preventing such negative outcomes is the thorough careful planning, conducting and evaluation of training programs.

Sport providers should also be aware of each member's specific needs and know how to prevent and deal with problems as they arise therefore Perth Angels have introduced this policy to provide members with procedures to follow in case of emergencies and make everyone responsible for safety awareness.

The purpose of this policy is to ensure club members understand the club's position regarding the safety of its members and explain how the club will respond to, and minimise injuries

### 6.2 Who is affected?

## Healthy Clubs Policy

This policy applies to all members, administrators, officials, coaches, players, volunteers and visitors of the Perth Angels Football Club.

### 6.3 Hazard management

The management of hazards (and potential hazards) are an important aspect of Safety Control

Perth Angels acknowledges and will establish / encourage, as far as reasonably practicable

- Facilities and equipment that are in a safe condition for use
- Medical records of members that could impede on the safety of themselves and others
- The use of protective equipment in the prevention of injury.
- Encourage the use of all Club policies, e.g. Sun Protection, Alcohol, Drugs, etc.
- The monitoring and adjustments of training sessions, in relation to ages and fitness, i.e. set workload guidelines in accordance with the principles of training such as progression, overload, variation, individual differences and adaptation
- Make a Sports trainer / trained first-aider available for all training sessions and games

Perth Angels have introduced the following to minimise risks in Club safety.

- Infectious diseases –
  - Provide specially adapted team water bottles to reduce risk of cross infection within groups.
  - Follow established blood rule when skin is broken
- Provide information, training and supervision to all members, including volunteers to create Club-wide awareness in established procedures / processes to report and deal with hazards and emergencies
- To reduce the risk of injuries encourage warm-up and cool-down exercises at training and game preparation
- Make sure that Leadership Group members and significant-other members lead by example
- Keep a records of all incidents that have occurred, or have the potential to occur and report incident to the Committee.
  - When and where it happened and
  - how it was dealt with and by whom.
  - If follow-up is/was required

### 6.4 Breach of policy

Non-compliance, or suspected non-compliance should be reported to the committee

- a designated committee member should approach the (alleged) person(s) and remind them of the Club's Sports Safety Policy.

## **Healthy Clubs Policy**

Continued (alleged) non-compliance will result in a disciplinary process being established.) will be viewed as a serious matter and will result in a disciplinary process being established and a complaint made in accordance with the Perth Angels Football Club Complaints Policy.

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