



# POLICY HANDBOOK

## Healthy Club Policy

### Objective

Breakers Swim Club (Breakers) is committed to promoting a healthy environment for all members to train and compete in. This policy sets out the aims and principles of the food and drinks provided within our community venue and ensures the venue aligns with best practice alcohol service and smoke-free environments.

### Policy Principles

This document has been developed using the following principles and guidelines:

- A sense of fairness, responsibility and accountability
- Breakers Bylaws
- Swimming Australia [Integrity, Policies and Rules](#)
- SWA [Policies](#)
- WA Government drugs in Sport legislation
- Sport Anti-Doping Authority (ASADA) Legislation
- WA Liquor Control Act 1988
- WA Misuse of Drugs Act 1981
- Fuel to Go & Play® traffic light system

### Sport Safety

Breakers recognises that an unsafe environment has the potential to negatively impact on the health and well-being of individuals and the community and has the following measures in place to prevent injury and promote safety:

- Protective equipment will be promoted and encouraged and where necessary made mandatory (this includes suitable clothing and footwear)
- Appropriate first aid equipment will be made available at all training sessions and competitions.
- Medically endorsed fluid replacement practices will be implemented at all training sessions and competitions.
- Warm-up stretch and cool down routines will be conducted at all training sessions and competitions.
- Consideration will be given to the environmental conditions (heat, cold, pool facility and water conditions)
- All sporting equipment is well maintained and in good working order
- Athletes who have had an illness or serious injury will be encouraged to seek medical clearance before returning to training and competitions

### Drugs

Breakers has a zero tolerance for drug use and the use of illicit and performance enhancing drugs will not be allowed at any activities or events, or in any areas under the control of Breakers. The use of illicit drugs will not be glamorised or promoted and the circulation of images of illicit drug use on social media will not be condoned.

Breakers is also committed to supporting and promoting strategies to prevent drug use and to reducing the risk of harm associated with drug use.



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Breakers will abide by the WA Government drugs in Sport legislation and the Australian Sport Anti-Doping Authority (ASADA) Legislation

Breakers will ensure all athletes with medical conditions requiring the therapeutic use of drugs that are banned or restricted, have provided adequate and correct notification

In the event that coaches' or committee members have reason to believe a member may be using illicit drugs, they will contact a relevant agency for professional advice on how to manage the situation (i.e. Alcohol and drug Information Service)

### **Smoking and Vaping**

Breakers recognises that smoke and vape free environments protect non-smokers and non-vapers from the harmful effects of smoking and vaping and contribute to reducing tobacco consumption levels. Breakers will ensure all areas of the club, including training and competition areas, change rooms, the office and all official club functions are permanently smoke and vape free.

Breakers will ensure a smoke and vape free environment in the following ways:

- Tobacco and vaping products will not be sold by Breakers
- Any person (including swimmers), either contracted by, or representing Breakers in any capacity, will not smoke or vape or be seen carrying tobacco or vaping products whilst acting in an official capacity.
- Breakers (whether directly or through a third party) will not receive money, other benefits or have arrangements with the tobacco industry (Including sales, promotion or distribution of tobacco products).
- appropriate no smoking and no vaping promotional material and signage will be displayed
- information along with educational material on the risks of smoking and vaping will be distributed to members
- volunteers, coaches, committee members and team managers will act as positive role models by adopting smoke and vape free behaviours
- smoking and vaping will not be glamorised or promoted and the circulation of images of smoking and vaping on social media will not be condoned.

### **Alcohol**

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

### **Service or availability of alcohol**

Where alcohol is available and/or served the following will be applied:

- It will be served in accordance with the requirements set out in the Liquor Control Act
- The availability of alcohol will be restricted to suitable and appropriate times e.g. a launch or post event function
- Excessive and/or rapid consumption of alcohol will be discouraged e.g. No happy hours or drinking competitions.
- Irresponsible use of alcohol will not be glamorised or promoted and there will be no external advertising of the availability of alcohol e.g. promotion signage, tickets
- Safe transport options for members will be encouraged and promoted at events where alcohol is available
- Any prizes that include alcohol will not be distributed to minors



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## Club representatives at competitions and events

Where alcohol is available and/or served the following practices will be applied:

- Alcohol consumption will not be permitted by any athlete under the age of 18 years
- Alcohol consumption will not be permitted by any athlete regardless of age during a competition
- Responsible alcohol consumption will be permitted by appointed coaches, team managers and team parent-guardians provided consumption is at appropriate times and is discrete with the overriding principle of catering for the needs of the athletes for whom they are responsible
- Responsible alcohol consumption is permitted by athletes aged 18 years and over at the completion of a competition, provided consumption is at appropriate times and is discrete with the overriding principle of representing the club, their family and themselves

## Sun Protection

Breakers recognises exposure to ultraviolet (UV) radiation has potential negative health effects and therefore supports sun safe practices and has introduced measures to minimise exposure.

Breakers will promote a healthy and safe environment by:

- where possible conducting outdoor activities before 10am and after 3pm to avoid peak UV times
- providing or having shade (natural, build or temporary) available to protect participants and spectators. When permanent shade is not available, Breakers will supply and erect portable shade structures and or encourage the use of sun protective clothing
- volunteers, coaches, parents and members representing Breakers will act as positive role models by adopting sun protection behaviours such as wearing hats, long sleeved shirts, extra length shorts, sunglasses and sunscreen
- making sunscreen (SP 30+, broad spectrum water resistant) available to participants and spectators. (If this is not possible parties will be encouraged to bring their own)

## Healthy Eating

Breakers understands and recognises the importance of good nutrition and the role it plays in the maintenance of good health and well-being. Breakers also recognises that the provision of healthy food choices encourages healthy eating and helps prevent ill health.

Breakers will promote a healthy eating environment by ensuring:

- there are a range of healthy food and drink options available at club events
- unhealthy food/drink (or vouchers for same) are not offered as prizes or awards.
- only food and drinks that support our policy are used for fundraising
- healthy food and drinks (e.g. green options) are promoted and displayed more prominently than other foods (e.g. red options)
- healthy choices are priced competitively
- tap water is available free of charge at all club functions and events
- information is provided on good nutrition and sports performance
- the Breakers website, notices and TeamApp are used as a means of providing healthy eating information