



# **NORTH MANDURAH JUNIOR FOOTBALL CLUB**

## **HEALTHY CLUB POLICY -19**

### **Who is affected by the Policy**

This policy applies to all members, administrators, officials, coaches, players, visitors and volunteers of the North Mandurah Junior Football Club.

### **Alcohol**

North Mandurah Junior Football Club requires that;

- All junior football events to be Alcohol free, including but not limited to;
- all training sessions
- all Game/Match days

Junior functions

- Under no circumstances shall any Committee member, player, official, supporter or visitor bring their own alcohol in to our facilities to consume or sell at any time (includes areas such as clubhouse, car parks, playing fields, and any area within our Club and school boundaries)
- The only exception to the above are Functions endorsed by the NMJFC Committee and are strictly adhered to...

The club recognizes the importance that role modeling can have upon junior members and as such all Committee members, coaches, trainers, officials and club volunteers will refrain from consuming alcohol while they are acting in an official capacity for the club and/or while in club uniform.

### **Other Drugs**

The NMJFC will take all reasonable care and attention to:

- Discourage the use of medications in respect of injury/recovery that would enable a participant to compete where they would not otherwise have been able.
- Monitor and control the use and administration of medications is monitored and controlled.
- Adopt and be guided by the Sports Medicine Australia policy concerning the administration of medications by non-medical personnel.
- The non-condoning use of illicit & performance-enhancing drugs.
- Contact a relevant agency and seek professional advice in the event that club personnel have reason to believe a member may be using illicit drugs (i.e. - Alcohol & Drug Information Service).

### **Smoking**

The NMJFC recognise 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, canteen and all club functions are smoke-free.
- Not permitting the selling tobacco products on the premises.
- Prominently displaying no-smoking signage.



## **Sun Protection**

The NMJFC will take all reasonable steps to address sun safe practices by:

- Ensuring adequate shade is provided.
- Following The Cancer Council Western Australia guidelines for SunSmart clothing and hats.
- Providing or selling sunscreen to members and participants.

## **Sports Safety and Injury Prevention**

The NMJFC will encourage all members to adopt practices that seek to prevent injury by:

- Encouraging warm-up, stretching and cool-down as an important component of playing and training.
- Promoting the use of protective equipment including body padding, mouth-guards, suitable clothing and footwear.
- Providing safe playing surfaces, first aid equipment and accredited First Aiders/Sports

Trainers at all training sessions and competition matches.

- Ensuring adequate public liability and player insurance for all members.
- Encouraging all players with a prior or current injury to seek professional advice from a sports medicine professional and be fully rehabilitated before returning to play.

## **Healthy Eating**

The NMJFC recognise the importance of good nutrition for sports performance by:

- Ensuring when food is provided healthy alternatives in accordance with the Dietary Guidelines for children and adults are available.
- Promoting good nutrition and healthy eating messages.
- Ensuring safe food handling, service and storage practices are undertaken

## **Non compliance strategy**

The following four step non-compliance strategy will be followed if anyone breaches the NMJFC healthy club policy

1. Assume that the person is unaware of the policy
2. A staff member or club representative will approach the person breaching the policy and ask them to refrain from the behaviour and remind them about the policy
3. If an offence continues (i.e. someone continues to smoke in a smoke free area or is intoxicated) the most senior staff member will verbally warn them again and hand over a formally written letter. The letter will outline the healthy club policy and state that if the person continues the behaviour they will be asked to leave.
4. If the offence does continue then the patron will be escorted out of the facility by security, staff and/or a senior club representative.

## **Policy Review**

To ensure this policy continues to be relevant for club operation and that it reflects community expectations, the policy will be reviewed annually.

This policy has been approved by the Committee of North Mandurah Junior Football Club on 1<sup>st</sup> October 2016.