



HEALTHY CLUB POLICY FOR

Aranmore Jets Netball Club (Inc)

Smoking

Aranmore Jets Netball Club (Inc) recognises 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 and all club functions are smoke-free.

Alcohol

Aranmore Jets Netball Club (Inc) will promote the responsible adult use of alcohol by:

Discouraging excessive or rapid consumption of alcohol.

Other Drugs

Aranmore Jets Netball Club (Inc) 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.

The use of illicit drugs and performance enhancing drugs is not permitted by any Club members or patrons.

We will adopt and be guided by the Sports Medicine Australia policy on the administration of medications by non-medical personnel.

Sun Protection

Aranmore Jets Netball Club (Inc) will take all reasonable steps to address sun safe practices by:

Scheduling activities outside the hours of 10am to 3pm, when possible.

Ensuring adequate shade is provided.

Following The Cancer Council Western Australia guidelines for SunSmart clothing and hats.

Providing sunscreen to members and participants.

Sports Safety

Aranmore Jets Netball Club (Inc) 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 suitable clothing and footwear.

Providing first aid equipment and accredited First Aiders/Sports Trainers at all training sessions and competition matches.

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.

Refer to extended sports safety policy (created August 2009 and revised September 2009).

Healthy Eating

Aranmore Jets Netball Club (Inc) recognises the importance of good nutrition for sports performance by:

Ensuring when food is provided, healthy alternatives in accordance with the Dietary Guidelines for Australian Adults are available.

Promoting good nutrition and healthy eating messages.

Adult players, coaches and club members are expected to set appropriate examples and act as role models for junior club members. The club will make information available to club members and families to promote healthy lifestyles. Breaches of the policy will be addressed through the Club Committee. Anyone wishing to discuss any aspect of this policy is invited to contact any members of the committee.

Thank you for your co-operation.

Elaine Lucas

President, Aranmore Jets Netball Club (Inc)

Created August 2008.

Revised September 2009

