



# HAMERSLEY ROVERS JUNIOR FC INC

(ABN 43 696 634 514)

POSTAL ADDRESS: PO Box 2499, WARWICK WA 6024

[www.hrjfc.com.au](http://www.hrjfc.com.au)

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## HEALTHY CLUB POLICY FOR

### Hamersley Rovers Junior FC Inc.

#### Who is affected by the Policy

This policy applies to all members, administrators, officials, coaches, players, visitors and volunteers of the

Hamersley Rovers Junior FC Inc

#### Timing

This policy is effective from August 2010.

#### Alcohol

Hamersley Rovers Junior FC Inc will promote the responsible adult use of alcohol by:

- Ensuring at social events alcohol is not served to any person who is intoxicated or under the age of 18 years.
- Promoting the responsible use of alcohol at events where alcohol may be served.

#### Other Drugs

- Hamersley Rovers Junior FC 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.
- Medications are not administered or issued to players by coaches or club officials unless they are the parent or guardian of that player.
- We will adopt and be guided by the Sports Medicine Australia policy on the administration of medications by non-medical personnel.
- The use of illicit & performance-enhancing drugs is not condoned.
- In the event that club personnel have reason to believe a member may be using illicit drugs, we will contact a relevant agency for professional advice on how to manage the situation (i.e. - Alcohol & Drug Information Service).

#### Smoking

Hamersley Rovers Junior FC Inc recognises that smoking and passive smoking are hazardous to health.

We will ensure a smoke-free environment by:



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- Ensuring all areas of the club buildings, including the change rooms, and all club functions are smoke-free.
- Making playing and training areas smoke free areas.
- Ensuring that visitors to the club are aware of the smoke free areas and provide information about areas where smoking may be permitted.
- Not selling tobacco products on the premises.
- Prominently displaying no-smoking signage wherever possible.

## Sun Protection

Hamersley Rovers Junior FC will take all reasonable steps to address sun safe practices by:

- Ensuring adequate shade is provided where possible.
- Following The Cancer Council Western Australia guidelines for SunSmart clothing and hats.
- Encouraging players to use sunscreen.

## Sports Safety

Hamersley Rovers Junior FC Inc recognizes that an unsafe environment has the potential to negatively impact on the health and well-being of individuals and the community and will therefore introduce measures to prevent injury and promote safety. The club will encourage all members to adopt practices that seek to prevent injury by:

- Provide opportunities for coaches, players and officials to attend approved training and accreditation courses in injury prevention and treatment
- Encourage warm-up, stretching and cool-down as an important component of playing and training
- Encourage players and officials to replace fluids before, during and after training sessions, and to have their own water bottle
- Promoting the use of protective equipment including suitable clothing, footwear and sun protection
- Maintaining safe playing surfaces and check before training or competition for obstructions or potential dangers
- Ensuring that all equipment is safe, well maintained and in good working order
- Providing appropriate first aid equipment at all training and competition matches
- Providing safe playing surfaces, first aid equipment and accredited First Aiders/Sports Trainers at training sessions and competition matches wherever possible.
- Ensuring adequate public liability and player insurance for all members.
- Providing pre-season training programs prior to the commencement of the competition season



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- 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.
- Ensuring that an emergency management plan is in place including the appointment of an Emergency Coordinator and access to details on emergency contact numbers.

## Healthy Eating

Hamersley Rovers Junior FC 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.

## Non compliance strategy

The following steps will be followed if anyone breaches the Hamersley Rovers Junior FC Inc healthy club policy

1. Assume that the person is unaware of the policy
2. A Club representative will approach the person breaching the policy and ask them to refrain from the behaviour and remind them about the policy

## Policy review

This policy will be reviewed six months after its introduction and then on annual basis thereafter. This will ensure that the policy remains current and practical.

Coaches and adult 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.

Anyone wishing to discuss any aspect of this policy is invited to contact any members of the committee.

*Endorsed by the HRJFC Committee in August 2011*

*To be reviewed in August 2012 and then annually thereafter.*