

# HEALTHY CLUB POLICY FOR GUILDFORD BLUES SWIMMING CLUB

*This policy applies to all members, administrators, officials, coaches, volunteers and visitors of Guildford Blues Swimming Club.*

## **Smoking**

Guildford Blues Swimming Club recognises that smoking and passive smoking are hazardous to health. We will ensure a smoke-free environment by:

- Ensuring all areas of the pool and change rooms are smoke-free.
- Ensuring smoking is not allowed at our training venues
- Enforcing Guildford Grammar Schools Smoke-Free Campus policy at all training sessions, club days and functions.
- Ensuring that all club activities are smoke-free.

## **Alcohol**

Guildford Blues Swimming Club will promote the responsible adult use of alcohol by:

- Discouraging excessive or rapid consumption of alcohol.
- Ensuring alcohol is not served to any person who is intoxicated or under the age of 18 years.
- Ensuring water is freely available to all club patrons
- Ensuring that no alcohol is used as prizes or awards.
- Not selling alcohol at club functions or events.

## **Other Drugs**

Guildford Blues Swimming Club

- 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.
- Does not permit the use of illicit drugs and performance enhancing drugs by any Club members or patrons.
- Will adopt and be guided by the Sports Medicine Australia policy on the administration of medications by non-medical personnel.

## **Sun Protection**

Guildford Blues Swimming Club will take all reasonable steps to address sun safe practices by:

- Scheduling activities outside the hours of 10am to 3pm.
- 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**

Guildford Blues Swimming Club 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.
- Ensuring that the aquatic environment is regularly inspected and kept in a safe condition.
- Ensuring access to 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**

Guildford Blues Swimming Club 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.
- Ensuring that safe food handling and preparation procedures are followed.

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.

**Steven Morris**  
**President**

1 January 2008

