



## HEALTHY CLUB POLICY

### 1. Smoking

This Club recognises that smoking and passive smoking are hazardous to health. As such, the Club will ensure a smoke free environment for our members by:

- a. Ensuring all areas of the club including the change rooms, canteen, offices and all club functions are smoke free.
- b. Not selling or promoting any tobacco products on the club premises.
- c. Prominent display of non-smoking signage.
- d. Display and provide anti-smoking promotional material.

### 2. Alcohol

This Club promotes the responsible adult consumption of alcohol through:

- a. Not selling, serving or promoting alcohol products on the club premises.
- b. Encourage the responsible consumption of alcohol.

### 3. Drugs

This Club prohibits the use of any illicit or performance enhancing drugs by any of its members.

### 4. Sun Protection

This Club promotes sun safe practices by all members through:

- a. Scheduling matches to minimise the exposure of the players and spectators to the sun by:
  - commencing all games for U7's, U8's and U9's at 9.00am and 8.30am prior to and after Christmas respectively,
  - commencing away games for U10's and U11's at 10.45am and 10.15am prior to and after Christmas respectively, and
  - scheduling home games for U10's and U11's on Friday nights.
- b. Maximising the use of portable sun shades for both home and away players, officials and scorers.
- c. Adhere to the Cancer Foundation of Western Australia guidelines for sun-smart clothing, by providing sunscreen to all players and officials. Umpires will check all players have applied sunscreen prior to commencement of games.
- d. Provision of legionnaire and peaked baseball caps to all players and officials.

### 5. Sports Safety

This Club encourages all members to adopt practices that seek to prevent injury by:

- a. Promoting the use of protective equipment, the compulsory use of safety helmets for pitches and catchers, suitable clothing and fully enclosed shoes must be worn at all times.
- b. Players are not permitted to wear any form of jewellery whilst actively participating in tee-ball.
- c. Providing a safe playing surface, first aid equipment in every gear bag and at the canteen (eg. ice packs).
- d. At the Club's expense, providing all coaches with accredited coaching clinics to ensure that players are taught the correct techniques to prevent injury.
- e. Ensuring that adequate public liability and accident insurance is available to all players, officials and spectators.
- f. Ensuring players warm up and down prior to the commencement and completion of games and training sessions.

### 6. Healthy Food Choices

This Club recognises the importance of good nutrition for sports performance by:

- a. Providing adequate information on good nutrition and sports performance.
- b. Ensuring that the canteen offers healthy alternatives to higher fat and sugar content foods.

### 7. Summary

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. Thankyou for your cooperation.

Liam Donley  
President, Yangebup Knights Junior Ball Club Inc.

10 September 2003

