



Rangers Netball Club Healthy Club Policy



Who is affected by the Policy?

This policy applies to all members, administrators, officials, coaches, players, visitors and volunteers of Rangers Netball Club.

Timing

This policy is effective from 01/08/2009.

Sports Safety

Rangers Netball 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
- Promoting the use of protective equipment including suitable clothing, footwear and mouth guards
- Using safe playing and training facilities
- Providing first aid equipment at all training sessions and 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 health professional and be fully rehabilitated before returning to play. Rangers Netball Club encourages coaches to liaise with parents in the case of players under 18 years of age

Sun Protection

Rangers Netball Club will take all reasonable steps to address sun safe practices by:

- Providing sunscreen to players when not on court
- Encouraging spectators to wear wide brimmed hats

Healthy Eating

Rangers Netball Club recognizes the importance of good nutrition for sports performance by:

- Promoting good nutrition and healthy eating messages
- Encouraging the consumption of fruit at half time
- Ensuring when food is provided, healthy alternatives are available

Alcohol

Rangers Netball Club will promote the responsible adult use of alcohol by:

- Encouraging limited consumption of alcohol at social events related to the club

Other Drugs

Rangers Netball Club

- Will 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
- 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

Rangers Netball Club recognizes that smoking and passive smoking are hazardous to health. We will ensure a smoke-free environment by:

- Ensuring all players and spectators comply with the no smoking policy of the Wanneroo District Netball Association
- Ensuring other venues used by the club are smoke-free

Non compliance strategy

The following four non-compliance strategy will be followed if anyone breaches the Rangers Netball Club 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
3. If an offence continues (i.e. someone continues to smoke in a smoke-free area or is intoxicated) the most senior member of the club present will verbally warn them again, and indicate that if the person continues their behaviour they will be asked to leave
4. If the offence continues then the patron will be escorted out of the facility by a senior club representative
5. The committee will discuss the issue and decide on what, if any, further action should be taken

Policy review

- This policy will be reviewed twelve months after its introduction and on annual basis thereafter
- 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
- Anyone wishing to discuss any aspect of this policy is invited to contact any member of the committee