



Northam Swimming Club (Inc.)

HEALTHY SPORTING CLUB POLICY

Version Control

Version	Date	Revised By	Comments
1.0	4/2/2020	First Version	Approved by Club Committee (out of session)

Review or Amendment Record

Meeting / Date	Minute Item	Summary of changes

Northam Swimming Club recognises and values the importance of creating a healthier environment for everyone who attends our club activities. This policy sets out the aims and principles of the food and drinks provided within our sporting club and ensures the club aligns with best practice alcohol service and smoke-free environments.

Healthy Food and Drink Policy

Northam Swimming Club is committed to providing healthier food and drinks that align to the Australian Dietary Guidelines and the Australian Guide to Healthy Eating, which establish the basis for a healthy eating approach. A key message of the guidelines is to enjoy a wide variety of nutritious foods every day.

Limiting the availability of confectionery, deep fried foods, sugary drinks and take-away foods is a key component of our healthy food and drink policy. Excess consumption of these items can be harmful and displace more nutritious food and drinks.

Our sporting club is well placed to promote the importance of healthy eating, and guide the development of healthy eating patterns and behaviours of participants and spectators. Our food service can reinforce the healthy messages promoted by our activities. Northam Swimming Club will ensure a variety of healthier food and drinks are available at all times.

Standards for food and drinks

Northam Swimming Club will:

- ensure healthy food and drink options are available should catering be provided at activities or events
- limit the use unhealthy food/drink (or vouchers for same) as prizes or awards
- ensure that food and drink advertising displayed, within our control, supports our healthy eating policy
- ensure free drinking water is available at activities or events

Northam Swimming Club will:

- plan food and drink items using the Fuel to Go & Play traffic light system to rate food and drinks as green, amber or red based on their nutritional value
- ensure that healthy choices are priced competitively.



Northam Swimming Club will encourage all volunteers to:

- complete food safety and hygiene training e.g. FoodSafe® Food Handler Training program or its equivalent
- wear hats, hairnets and aprons, which will be provided by the club
- prepare, cook, transport and serve food in such a way as to retain nutrients and to minimise bacterial contamination and growth.
- complete *All about Allergens* online training available free at <https://foodallergytraining.org.au>

Alcohol Policy

In the interest of health and safety Northam Swimming Club will actively seek to promote, encourage and support strategies to minimise harm from alcohol and other drug use.

Northam Swimming Club will ensure:

- where alcohol is offered as a prize, the prize winner is to be offered (where over 18 years of age, or if under replaced with) an alternative prize (of a similar value) in its place
- should alcohol be available at activities or events, that:
 - alcohol is served in accordance with the requirements set out in the Liquor Control Act 1988. This includes no alcohol being served to patrons under the age of 18 years or to intoxicated patrons
 - alcoholic drinks are served in standard-sized drink portions
 - low strength alcohol and non-alcoholic choices must be available
 - ensure free drinking water is available
 - no activities or promotions that encourage rapid consumption of alcohol (e.g. discounted drink prices, happy hours, drinking competitions)
- no promotions that glamorise getting drunk or imply that getting drunk is desirable e.g. providing drinks or cocktails with names that imply they will get you drunk.

Smoke-free Policy

Northam Swimming Club recognises that smoke-free environments protect non-smokers from the harmful effects of Environmental Tobacco Smoke (ETS) and contribute to reducing tobacco consumption levels.

Northam Swimming Club will ensure:

- all indoor and outdoor areas under the control of the club are maintained as smoke-free; including e-cigarettes
- the smoke-free policy applies to pool deck and surrounding areas, clubroom, accommodation and swimming areas when away from our home pool for all members, coaches and other team officials involved in competitions under the clubs control.

Mental Health Policy

Northam Swimming Club will ensure:

- support strategies that provide opportunities for staff, members and participants to be mentally, physically and socially active
- proactively encourage members and participants to volunteer for the club, to set personal goals for achievement and to more broadly be involved in other community events and environments
- encourage volunteers and participants to treat all groups in the organisation and community with respect, equality and openness.

Sun Protection Policy

Northam Swimming Club recognises that exposure to ultraviolet radiation (UV) has negative health effects and will therefore introduce measures to minimise exposure.

Northam Swimming Club will:

- have and maintain a Sun Protection Policy.

Injury Prevention Policy

Northam Swimming Club is committed to improving the health of its swimmers and coaches through safe participation in sport and physical activity.

Northam Swimming Club will:

- conduct warm up, stretch and cool down routines at all training and competition sessions
- ensure at least one coach during all training sessions has current CPR accreditation.

Distribution of the Healthy Sporting Club Policy

A current copy of the Healthy Sporting Club Policy will be available from the club's website.

Renewal of the Policy

This Healthy Sporting Club Policy will be reviewed in line with the club's policy review schedule.