



CITY OF BUNBURY
SURF LIFE SAVING CLUB INC.
**POLICY STATEMENT
HEALTHY CLUB POLICY**

POLICY
NUMBER
3.1
July 2019
Version: 1

1. INTRODUCTION

The City of Bunbury SLSC is a 'Healthy Club' that ensures we promote and provide a healthy and safe environment for our all members and visitors and provide healthy role models for junior members and the community.

2. SCOPE

This policy addresses the following issues:

1. Sport Safety/Injury prevention
2. Smoking
3. Alcohol
4. Other drugs
5. Healthy eating
6. Sun protection.

This 'Healthy Club Policy' applies to all members, administrators, officials, coaches, visitors and families of volunteer members of the City of Bunbury SLSC.

If any member or visitor breaches the City of Bunbury SLSC 'Healthy Club Policy' the following four step non-compliance strategy will be reasonably followed:

- Assume the member is unaware of the policy.
- A senior representative/Director of the club will approach the person breaching the policy and ask them to refrain from the behaviour and remind them of the policy.
- If the offence continues the President or senior club representative/Director will verbally remind them again and hand over a formally written letter which outlines the 'healthy club policy' and states that if the person continues the behaviour they will be asked to leave.
- If the offence does continue then the person will be escorted out of the facility by a senior club representative/director. If the said offender is a member, the City of Bunbury SLSC Constitution in reference to member conduct may also be enforced.

3. DEFINITIONS

3.1 SPORT SAFETY and INJURY PREVENTION

The City of Bunbury SLSC will encourage all members to adopt practices that seek to prevent injury by:

- 3.1.1 Encouraging best practice in warm up, stretching and cool down as important concepts in training, competition and playing.
- 3.1.2 Ensuring adequate public liability and insurance for all members.



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- 3.1.3 Provide safe, regularly maintained and age appropriate equipment.
- 3.1.4 Promote and provide the use of suitable clothing for personal protection and visibility.
- 3.1.5 Promote the accreditation and re-accreditation of coaches, officials and where applicable administrators and volunteers.
- 3.1.6 Promote Member Protection through ensuring all members engaged in junior activities and roles within the club are police cleared or hold a current Working with Children Card.
- 3.1.7 Encourage the promotion of policies relating to returning to volunteer duties and training after injury and during pregnancy are followed.
- 3.1.8 Encourage and actively seek professional support personal in first aid and sports medicine to assist member's rehabilitation.
- 3.1.9 Encourage and actively engage the re-qualification/proficiency requirements of all Education and Training SLSA Awards when and where applicable for City of Bunbury SLSC members and Academy/Community members.

3.2 SMOKING

The City of Bunbury SLSC recognises that smoking and passive smoking are hazardous to health.

- 3.2.1 We will ensure a smoke free environment by:
- 3.2.2 Ensuring all areas of the Club including change rooms, offices, bar, function areas and all club functions are smoke free.
- 3.2.3 Not permitting the selling and supply of tobacco products on our premises.
- 3.2.4 Prominently displaying no smoking signage.

This Smoke Free policy applies to all venues and functions under the control of the City of Bunbury SLSC.

3.3 ALCOHOL



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The City of Bunbury SLSC will actively promote the responsible use of alcohol by:

- 3.3.1** Discouraging the excessive or rapid consumption of alcohol
- 3.3.2** Ensuring alcohol is not served to any person who is intoxicated or under the age of 18yrs.
- 3.3.3** Promoting lower pricing on low and non-alcoholic drinks and providing un-bottled water.
- 3.3.4** Ensuring all Bar staff to hold a current Responsible Service of Alcohol (RSA) certification.
- 3.3.5** Provide Responsible Service of Alcohol (RSA) training for volunteers who serve from our bar.

3.4 OTHER DRUGS

The City of Bunbury SLSC will take all reasonable care and attention to:

- 3.4.1** Discourage the use of medications in respect to injury/recovery that would enable a member to participate and/or compete where they would not otherwise have been able.
- 3.4.2** Monitor and control the use and administration of medications.
- 3.4.3** Adopt and be guided by the Sports Medicine Australia policy concerning the administration of medications by non-medical personal.
- 3.4.4** The non-condoning use of illicit and performance enhancing drugs.
- 3.4.5** Contact a relevant agency and seek professional advice on how to manage a situation where there is reasonable belief to believe that a member may be using illicit drugs.



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3.5 HEALTHY EATING

The City of Bunbury SLSC recognises and promotes good nutrition for healthy living and sports and patrol performance by:

- 3.5.1** Providing food and healthy alternatives in accordance with the WHO Dietary Guidelines for children and adults.
- 3.5.2** Promoting good nutrition and healthy eating messages.
- 3.5.3** Ensuring all food for sale are prepared hygienically and protected from contamination (dirt, flies etc).
- 3.5.4** Tables, trestles etc shall be smooth, impervious to water and easily cleaned.
- 3.5.5** Storing food in covered or in closed containers.
- 3.5.6** All cold foods shall be kept below 5°C (esky with ice satisfactory) and hot foods above 60°C until served.
- 3.5.7** Providing hand washing facilities, including a supply of warm water, liquid soap and disposable paper towels.
- 3.5.8** Providing utensil washing facilities such as a sink, detergent and warm water.
- 3.5.9** Ensuring sufficient personnel to cook and serve food.
- 3.5.10** Ensuring that personal handling and serving food are wearing disposable gloves.
- 3.5.11** Fitting the barbeque/s with a drip tray to prevent fat dripping onto the ground.
- 3.5.12** Disposable eating and drinking utensils shall be used when venue is outside the club premises.
- 3.5.13** All condiments such as sauce, mustard etc shall be in squeeze type dispensers or in individual sealed packs.



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3.5.14 All foods prepared (e.g. barbecued food) shall be for immediate sale and consumption unless a suitable food warmer or food display, capable of maintaining food at a temperature of at least 60°C (hot food) or below 5°C (cold food) is available.

3.6 SUN PROTECTION

The City of Bunbury SLSC will take all reasonable care and steps to provide and promote safe sun practices by:

- 3.6.1** Ensuring adequate shade is provided.
- 3.6.2** Follow and promote the Cancer Council WA guidelines for Sun Smart clothing and hats.
- 3.6.3** Provide and promote the supply of sunscreen to members and participants.
- 3.6.4** Ensuring adequate shade is provided on the Beach and the Board walk.
- 3.6.5** Purchase and promote clothing which is of the highest UV protection for members both on and off the water.