



POLICY AKSC03 – HEALTHY CLUB POLICY

POLICY STATEMENT:

The purpose of this policy is to demonstrate the Club's commitment to providing a safe and healthy environment in which to participate and compete in.

Food and Catering

Armadale Kelmscott Swimming Club understands and recognises the importance of good nutrition and the role it plays in maintaining and improving health. Where food is available at functions and club activities, healthy alternatives will be served according to the guidelines set out by Fuel to Go and Play.

Smoking and Vaping

Armadale Kelmscott 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. Armadale Kelmscott Swimming Club will encourage quitting attempts and discourage the uptake of smoking particularly by young people.

- All indoor and outdoor pool environments including participant and audience areas are 100% smoke free.
- All functions (including presentation evenings, club social events and meetins will be 100% smoke free.
- All venues where sponsored programs and events are held will be 100% smoke free.
- Any person either employed or representing the Armadale Kelmscott Swimming Club in any capacity will refrain from smoking at any official engagement or activity..
- This No Smoking policy will extend to all members at all times when wearing Armadale Kelsmcott Swimming Club apparel.

Alcohol and Oher Drugs

Armadale Kelmscott Swimming Club is committed to ensuring responsible service of alcohol at any club events where alcohol is being served and will promote and support strategies that minimise harm from alcohol use.

The club will ensure compliance with all relevant policy guidelines and legislation as required of the WA Director of Liquor Licensing.

Where alcohol is available:

- Alcoholic beverages will only be served in accordance with the requirements as set out in the Liqour Control Act 1988. This includes no alcohol to be served to patrons under the age of 18 years or intoxicated patrons.
- Consumption by parents, coaches/instructors and other influential personnel will be discouraged particularly where young people are involved.

- Food and water and will be available.
- It will be restricted to suitable and appropriate times e.g. planned functions.

Participants known to have consumed drugs or alcohol will not be permitted to participate or perform in meets.

Sun Protection Policy

Armadale Kelmscott Swimming Club recognises that exposure to ultraviolet radiation (UVR) has a negative health effect and will therefore introduce and maintain measures to minimise exposure.

- Armadale Kelmscott Swimming Club strongly recommends and supports sun safe practices for all activities.
- Activities should be conducted outside of the hours of 10am and 3pm when UVR is at its peak whenever possible.
- Natural shade will be utilized to protect participants and spectators wherever possible.
- Where permitted, the club will ensure the club gazebos are available for use at external venues and encourage attending participants to also bring along shelters.
- Suncream will be available to coaches and swimmers at training.
- Coaches representing the Armadale Kelmscott Swimming Club will be offered long-sleeved collared shirts and hats as part of their uniform.
- Participants at external meets will be encouraged to adopt sun protection behaviours.

More detailed information can be found in the clubs SunSmart Policy (AKSC04).

Sports Safe Policy

Armadale Kelmscott Swimming Club is committed to improving the health of the community through safe participation in sport and physical activity.

- A designated dryland warm up period before the commencement of training in the pool will be defined for each squad.
- Warm up, stretch and cool down routines will be defined in the program for all meets. Swimmers and Coaches will ensure these are carried out.
- An appropriately qualified first aid person will be in attendance at all training and competition sessions.

POLICY ADMINISTRATION

Version	Decision Reference	Synopsis
1	Committee Meeting 28/5/2024	New Club Policy