



Rockingham Raptors Tee Ball Club

As part of our Healthy Club Sponsorship from Heathway's the *Rockingham Raptors Tee Ball Club* has developed the following Healthy Club Policy. The policy is dynamic and should be continually updated and fine-tuned to suit our circumstances. Any suggestions for additions to, or improvements of, the policy are most welcome, and should be presented to the Executive Committee for consideration or e-mailed to rockingham.raptors@yahoo.com

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Smoking

Background

Smoking is the largest single preventable cause of death and disease in Australia today with around 50 tobacco related deaths each day, 350 each week and around 18,000 each year. Every month Australian tobacco companies lose at least 12,000 customers. Ten and a half thousand quit and fifteen hundred die of diseases caused by smoking. 25% of the population are regular smokers, of which 80% have tried to quit at least once. Tobacco smoke contains over four thousand chemicals, many of which are highly toxic and over 40 of which are known carcinogens. There is no safe 'low tar' cigarette and no known safe level of consumption. Over recent years concerns about the harmful effects of cigarette smoke have lead to a number of key changes in certain areas of life. Restrictions on smoking in cinemas and restaurants, on public transport, in various work settings and in a variety of other places have become an accepted norm. Primarily this is because passive smoking is known to be dangerous, and also because tobacco smoke is regarded as unpleasant and anti-social by many.

In establishing a Smoke Free Policy, the *Rockingham Raptors Tee Ball Club* has considered the positive and negative influences children and young people face when confronted by smoking. The Policy established by the *Rockingham Raptors*, therefore, is not only concerned with promoting the health and safety of athletes, officials, parents and visitors by ensuring the air is free of tobacco smoke; but is also geared towards developing the most suitable environment in which young people are able to learn that smoking is not an acceptable pass time. Clearly, the *Rockingham Raptors* is a group which has the ability to influence our children. In conjunction with the family, peer groups etc., the immediate community can also add to the development of young people.

The Policy

- In response to society's concerns about second-hand smoke, the *Rockingham Raptors Tee Ball Club* has designated the Building verandas, carpark all fields of the George Town Reserve as a "smoke free area".
- An athlete, official or parent shall not smoke tobacco vape, e-cigarette or any other substance and or device on the George Town Reserve and spectator area around the fields where Tee Ball is operated. The only smoking area is off site - outside the oval area. Adults will not smoke where athletes are present.
- Any athlete found smoking will be asked to stop immediately and the matter will be referred to the athlete's parent or guardian, in the first instance, or to a relevant Club official, if a parent/guardian is not present. The incident will also be referred to the Centre Executive Committee. Any adult found smoking will be asked to stop or move to an area away from the sporting field.

Alcohol

Rockingham Raptors recognises the right of every individual to enjoy themselves in a safe, sociable, reliable and legal environment. With this in mind the following policy has been formulated which reinforces the Liquor Licensing Act 1998 and includes specific requirements. This policy will not only help us adhere to Liquor Licensing requirements, but will also facilitate a friendly, safe and enjoyable environment. This policy is reviewed annually.

- Alcohol will not be served at the canteen while events are in progress.
- If alcohol is served it will be done in accordance with the Liquor Licensing Act 1998.
- Parents are not to bring alcohol to the Arena field for consumption while events are in progress.
- At social and post event functions, if parents and helpers intend to consume alcohol they should do so responsibly, in accordance with the laws of Western Australia.

Other Drugs

- Rockingham Raptors will seek to promote, encourage and support strategies to minimise harm from drug use for all athletes.
- No athlete should train or compete with the assistance of any drug or medication, where injury would otherwise have prevented them from doing so.
- Athletes with diagnosed medical conditions shall only use their medications according to medical instructions to manage their condition.
- Performance enhancing drugs are *strictly prohibited*.
- Athletes, officials and spectators will be asked to leave the reserve if under the influence of illegal drugs.
- Medications should only be administered in accordance with Sports Medicine Australia's guidelines for administration of medication by non-medical persons.
- Parents and guardians should advise coaches and officials if an athlete has a medical condition which requires the administration of medication and provide clear instructions on how they can be contacted in the event of the medication needing to be administered.

Healthy Eating

- The centre recognises the importance of healthy eating and good nutrition for peak sports performance.
- The centre canteen will provide healthy food choices as alternatives to fast foods with low nutritional value.
- Ensure that food safety and hygiene practices are adopted and comply with current food legislation.
- Water and fruit juice choices to be included in the canteen menu with other healthy foods where available.

Sport Safety

Background

Injury is one of the downsides of exercise or sport. It is often caused by over doing things or lack of a proper warm-up. One of the most frustrating aspects of competitive sport for the athlete is being injured. The problem is that even with good training and coaching methods, injuries may still occur. The "Golden Rule" for all sports injuries is "prevention is better than cure".

Some of the most common sporting injuries are:

TENDONITIS

- Usually occurs in the shoulder, elbow, knee or Achilles (ankle) tendons.
- Ensure a good warm-up and don't try a new exercise programme beyond your level of fitness. Well heeled shoes may help with tendonitis.
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STIFF OR SORE MUSCLES

- Come after a hard, long or difficult work out. May be avoided by warm-up, warm-down and stretches.
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STRAINS AND SPRAINS

- When a muscle or ligament is damaged, bleeding or swelling occurs, suppressing nerve endings, causing pain and reducing mobility. Caused by over stretching or poor warm-up.

Policy

Athletes should be encouraged to use the following key points to assist in preventing injuries:

- Start Relaxed. Don't begin stretching until you are relaxed, and the muscles are fully warmed up.
- Be Systematic. Start at the head and work down to the toes or start at the centre of the body and work out towards the hands and feet.
- Progress from general to specific. Do general stretching before moving onto event specific stretching.
- Active stretching before passive stretching. Stretch to the full range before any additional force is used to get extra stretch.
- Use Variety. Different exercises for the various parts of the body can provide a break from the monotony of always doing the same exercises.
- Slow, progressive stretches. Ease into a stretch to the point where it is comfortable. It should never be painful. Do not bounce up and down at the limit of a stretch. Do not hold your breath, breathe naturally, calmly and relaxed.
- Allow for individual differences. Different bodies will need different emphasis in stretching. Different events also have different flexibility needs.
- Stretch Regularly. Include stretching as a regular part of your warm up and cool down.

Seek immediate assessment and treatment for injuries and where possible follow the **R.I.C.E.R.** principle;

- o **R** = Rest injured tissues to reduce swelling and enable healing.
- o **I** = Ice the injury at once, 10 minutes every 2 hours in the first 24 hours.
- o **C** = Compress to reduce swelling within moderately firm bandage.

- o **E** = Elevate the injury above the heart to aid drainage and reduce swelling.
- o **R** = Refer to doctor or physiotherapist.

Avoid the H.A.R.M. scenario;

- o **H** = Heat which increases swelling and pain.
- o **A** = Alcohol
- o **R** = Running or exercise too soon, which makes an injury worse.
- o **M** = Massage, which may increase bleeding in the first 24 hours and delays healing

- The wearing of sports footwear is compulsory while training and competing.
- The centre will maintain a complete first aid kit which shall be kept at the Canteen on all competition days.
- The centre also establishes a centre first aid officer role which will be filled where possible by a parent with medical experience (nurse, doctor). The centre will endeavour to have at least one person trained in first aid available on all competition days.

Sun Protection

Rockingham Raptors Tee Ball Clubs SunSmart Policy was adopted on 8th September 1998 so that athletes, officials, parents and friends attending the **Rockingham Raptors Tee Ball Club** Centre are protected as much as possible from skin damage caused by harmful ultraviolet (UV) rays from the sun that can lead to serious skin cancers, such as melanoma, in later life.

The policy is implemented throughout the summer season (October through to March) and includes Saturday morning competitions, training afternoons and other Centre run events. As part of general skin protection strategies, the **Rockingham Raptors Tee Ball Club** will:

- Provide adequate shade at the George Town Reserve by erecting portable shade structures for teams and scorers
- Incorporate into the **Rockingham Raptors Tee Ball Clubs** Facebook, Instagram and web page appropriate advice that focuses on the benefits of being Sun Smart.
- Encourage all athletes to wear hats, shirts with sleeves and SPF15+ broad spectrum, water resistant sunscreen when exposed to the sun. The Club will purchase and have sunscreen available for athletes to use when they are at the oval.
- Encourage athletes and officials to drink plenty of fluids.
 - o It is best to drink small quantities frequently, preferably water. However, avoid drinking water that is ice cold when you are hot as this may cause stomach cramps.
 - o Fizzy drinks are not recommended while competing because of the danger of dehydration.
- When not competing, encourage athletes to use shaded or covered areas.
- Encourage athletes to use shade and portable shelter at **TBAWA** State run events.
- As part of a personal development programme the **Rockingham Raptors Tee Ball Club** will advise athletes, parents and officials of the benefits of being SunSmart and of the products promoted by the Cancer Foundation of WA. This will be done by including relevant information in newsletters and announcements over the PA system on competition days.

The Rockingham *Raptors Tee Ball Club* has provided in its Rules that in respect of hats, it is always compulsory to wear a hat on the Field when competing. The wearing of hats during the conduct of a game is part of the uniform and Must be worn.

FOLLOWING THE POLICY

- The three-step strategy will be followed if anyone smokes in a non-smoking area:
- Assume that the person is unaware of the policy.
- A committee member will approach the smoker and politely ask them to refrain from smoking [and direct them to a designated smoking area] and remind them about the smoke free policy.
- If the behaviour continues, the individual must be made aware that if they don't stop smoking then they will be required to leave the service. The most senior staff member, occupational health and safety officer should verbally warn them.

POLICY REVIEW

This policy will be reviewed six months after its introduction and then on an annual basis thereafter

President: _____

Name: _____

Witness: _____

Name and Position: _____

Accepted for and on behalf of *Rockingham Raptors Tee Ball Club*