



## HEALTHY CLUB POLICY FOR

### *The University of WA Triathlon Club*

This policy applies to all members, administrators, officials, coaches, players, visitors and volunteers of the The University of WA Triathlon Club (UWA Triathlon Club) in order to provide a safe, healthy and positive environment for all.

This policy is effective from [1 March 2008]

### **Smoking**

UWA Triathlon Club recognises the dangers of smoking and passive smoking to health. We will ensure a smoke-free environment by:

- ✓ Ensuring all areas of the club, including change rooms, training and function areas are smoke-free.
- ✓ Designating and recognizing all indoor and outdoor training areas as smoke-free zones.

### **Safe Alcohol Consumption**

UWA Triathlon Club will actively seek to promote responsible adult use of alcohol by:

- ✓ Discouraging excessive or rapid consumption of alcohol such as happy hours, drinking competitions and fines events.
- ✓ Ensuring that no alcohol is served to any person who is intoxicated or under the age of 18 years.
- ✓ Not awarding alcohol as awards or prizes.
- ✓ Providing appropriate training for paid staff and volunteers who serve alcoholic drinks at functions.
- ✓ Supplying water free of charge to all patrons at events and functions.
- ✓ Providing light or non-alcoholic alternatives at events.
- ✓ Ensuring food is available at events where alcohol is available.

### **Other Drugs**

UWA Triathlon Club discourages the use of medications in respect of injury or recovery that would enable a participant to compete where they would not otherwise have been able to.

- ✓ The use of performance enhancing drugs is contrary to fair play. The only legitimate use of drugs in sport is under supervision of a physician for a clinically justified purpose.



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- ✓ We will adopt and be guided by the Sports Medicine Australia policy on the administration of medications by non-medical personnel.
- ✓ If Club personnel have reason to believe a member may be using illicit drugs, they must contact a relevant agency, such as the Alcohol & Drug Information Service, for professional advice on how to manage the situation.

### **Sun Protection**

UWA Triathlon Club will take all reasonable steps to address sun-safe practices and introduce measures to minimise harmful exposure:

UWA Triathlon Club will:

- ✓ Minimise activities between 10am to 3pm, especially for junior members.
- ✓ Ensure adequate shade is provided, either by maximising the use of existing natural shade i.e. conducting warm-up under trees, or where practical, erecting temporary shade e.g. tents.
- ✓ Promote use of SunSmart clothing and hats.
- ✓ Provide sunscreen to members and participants, particularly juniors and where possible at no cost.

### **Sports Safety**

UWA Triathlon Club encourages all members to adopt practices that seek to prevent injury by:

- ✓ Promoting warm-up, stretching and cool-down as essential components of competing and training.
- ✓ Enforcing the mandatory wearing of approved safety helmets whilst cycling.
- ✓ Providing safe training venues and, where practical, first aid equipment
- ✓ Ensuring adequate public liability and athlete insurance for all members, provided through membership to UWA Sports and Triathlon WA.
- ✓ Encouraging all athletes with a prior or current injury to seek professional advice from a sports medicine professional and be fully rehabilitated before returning to training.
- ✓ Giving the opportunity to members, coaches, officials and players to complete seminars, workshops or Sports Medicine Australia accredited courses in sports injury prevention and treatment.

### **Healthy Eating**

UWA Triathlon Club recognises the importance of good nutrition for sports performance and its role in



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maintaining healthy lifestyles. As such, UWA Triathlon Club will:

- ✓ Ensure when food is provided at events, healthy alternatives in accordance with the Dietary Guidelines for Australian Adults are available. This includes foods that have a low fat content and are high in vegetable and fruit.
- ✓ Promote good nutritional practices and healthy eating messages, especially to juniors, by providing seminars conducted by registered dietitians.

Adult athletes, coaches and Club members are expected to set appropriate examples and act as role models for junior Club members. The Club will endeavor to make information available to members and their families to promote healthy lifestyle choices.

Breaches of the policy will be addressed through the Club Committee.

Anyone wishing to discuss any aspect of this policy is invited to contact members of the committee.

Thank you for your co-operation.

President Miles Dracup

Date 15 February 2008

