



2008/09 Healthy Club Policy for BUNBURY TRIATHLON CLUB

Smoking

The Bunbury Triathlon Club recognises that smoking and passive smoking are hazardous to health. We will ensure a smoke free environment by:

- Ensuring all areas of the club, including the change rooms, offices, and all club functions are smoke -free.
- Not selling tobacco products on the premises.
- Prominently displaying non-smoking signage.

Alcohol

The Bunbury Triathlon Club will promote the responsible adult use of alcohol by:

- Not providing any alcohol sales at any club functions.
- Where alcohol is allowed in a BYO club setting by: discouraging excessive or rapid consumption of alcohol eg, drinking competitions.

Other Drugs

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

- The use of illicit drugs and performance enhancing drugs is not permitted by any Club members or patrons.
- We will adopt and be guided by the Sports Medicine Australia policy on the administration of medications by non-medical personnel.

Sun Protection

The Bunbury Triathlon Club will take all reasonable steps, where possible, to address sun safe practices by:

- Scheduling activities outside the hours of 10am to 3pm.
- Ensuring adequate shade is provided.
- Following the Cancer Council Western Australia guidelines for SunSmart clothing and wearing of hats.
- Providing free sunscreen to members and participants at all events.

Sport Safety

The Bunbury Triathlon Club will encourage all members to adopt practices that seek to prevent injury by:

- Encouraging warm-up, stretching and cool-down as an important component of playing and training.
- Promoting the use of protective equipment including suitable clothing, footwear and enforcing compulsory helmet use.
- Providing safe playing surfaces, first aid equipment and accredited First Aiders/Sports Trainers at all and competition events.
- Providing adequate drink stations on course to prevent dehydration.
- Ensuring all events follow a prescribed traffic management plan including adequate marshals and signs on course.
- Providing suitable water safety support during the swim leg.
- Providing a pre-race briefing for all participants at each event.
- Providing a junior skills and safety session prior to the race for all junior events.
- Ensuring adequate public liability and player insurance of all members.
- Encouraging all players with a prior or current injury to seek professional advice from a sports medicine professional and be fully rehabilitated before returning to play.

Healthy Eating

The Bunbury Triathlon Club recognises the importance of good nutrition for sports performance by:

- Ensuring when food is provided, healthy alternatives, in accordance with the Dietary Guidelines for Australians, are available.
- Providing a post -race healthy breakfast at all club races.
- Promoting good nutrition and healthy eating messages.

Adult players, coaches and club members are expected to set appropriate examples and act as role models for junior club members.

The club will make information available to club members and families to promote healthy lifestyles.

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

Anyone wishing to discuss any aspect of this policy is invited to contact any members of the committee. Thank you for your co-operation.

Adam Shine
President

2008/09 Season
Date

