



CLAREMONT MASTERS

HEALTHY CLUB POLICY

(Revised December 2007)

Claremont Masters Swimming Club promotes health to its members and families and supports the provision of healthy environments. The Healthy Club Policy for Claremont Masters Swimming Club applies to all its members.

1.0 Smoking

Claremont Masters Swimming Club recognizes that smoking and passive smoking are hazardous to health. We will ensure a smoke free environment by:

- 1.1 Ensuring that all areas of the Club and all Club functions are smoke free.
- 1.2 Displaying no smoking signs.

2.0 Alcohol

Claremont Masters Swimming Club will promote the responsible use of alcohol by:

- 2.1 Discouraging excessive or rapid consumption of alcohol eg. no drinking games or happy hours.
- 2.2 Lower strength and non-alcoholic beverages will be available and promoted.
- 2.3 Tap water will be readily available and free of charge
- 2.4 Ensuring that alcohol is not served to any person who is intoxicated or under the age of 18 years.
- 2.5 Providing clear instruction on responsible service of alcohol to volunteers who serve alcoholic drinks at club functions and events.

3.0 Other Drugs

Claremont Masters Swimming 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.

- 3.1 The use of illicit and performance enhancing drugs is not condoned.
- 3.2 The Club will adopt and be guided by the Sports Medicine Australia policy on the administration of medications by non-medical personnel.

4. Sun Protection

Claremont Masters Swimming Club will take all reasonable steps to address sun safe practices by:

- 4.1 Wherever possible scheduling activities outside the hours of 10 am to 3 pm.
- 4.2 Ensuring adequate shade is provided
- 4.3 Following the Cancer Council Western Australia guidelines for SunSmart clothing and hats.
- 4.4 Ensuring that sunscreen is always available to members at training sessions and at carnivals.

5. Sports Safety

Claremont Masters Swimming Club encourages all members to adopt practices that seek to prevent injury by:

- 5.1 Encouraging warm-up stretching and cool-down as important components of competing and training.
- 5.2 Providing first aid equipment
- 5.3 Encouraging all swimmers with prior or current injury or medical condition to seek professional advice from a sports medicine or other medical professional before starting or returning to swimming.
- 5.4 Members will be given the opportunity to attend approved training and accreditation courses in sports injury prevention and treatment.

6. Healthy Eating

Claremont Masters Swimming Club recognizes the importance of good nutrition for sports performance by:

- 6.1. Ensuring when food is provided, healthy alternatives in accordance with the *Dietary Guidelines for Australian Adults* are available.
- 6.2 Promoting good nutrition and healthy eating messages.

7. Administration of Policy

- 7.1 This policy will be reviewed on an annual basis to ensure that the policy remains current and practical.
- 7.2 Committee and coaches are expected to set appropriate examples.
- 7.3 Any breaches of this policy will be addressed through Claremont Masters Swimming Club Committee.
- 7.4 Claremont Masters Swimming Club will make information available to Club members to promote healthy lifestyles.
- 7.5 Anyone wishing to discuss any aspect of this policy is invited to contact any members of the Committee.

Roy Burton

04/12/07

President

Date