



Healthy Club Policy



Healthy Club

Supported by



Coastal Motorcycle Club WA Inc

Healthy Club Policy

Who is affected by the Policy

This policy applies to all members, administrators, officials, coaches, players, visitors and volunteers of the Coastal Motorcycle Club.

Timing

This policy is effective from 1st January 2009.

Alcohol

Coastal Motorcycle Club will promote the responsible adult use of alcohol by:

- Discouraging excessive or rapid consumption of alcohol for example happy hours and drinking competitions.
- Ensuring alcohol is not served to any person who is intoxicated or under the age of 18 years.
- Promoting lower pricing on low and non-alcoholic drinks and providing free unbottled water.
- Provide responsible server training for paid staff and volunteers who serve alcoholic drinks in our bar.

Other Drugs

- Coastal Motorcycle 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 and administration of medications is monitored and controlled.
- We will adopt and be guided by the Sports Medicine Australia policy on the administration of medications by non-medical personnel.
- The use of illicit & performance-enhancing drugs is not condoned.
- In the event that club personnel have reason to believe a member may be using illicit drugs, they will contact a relevant agency for professional advice on how to manage the situation (i.e - Alcohol & Drug Information Service).

Smoking

Coastal Motorcycle Club recognises that smoking and passive smoking are hazardous to health. We will ensure the following:

- All inside areas are smoke free within the club.
- We will not sell tobacco products on the premises.
- We will prominently display no-smoking signage.

Sun Protection

Coastal Motorcycle Club will take all reasonable steps to address sun safe practices by:

- Ensuring adequate shade is provided.
- Following The Cancer Council Western Australia guidelines for SunSmart clothing and hats.
- Providing or selling sunscreen to members and participants.

Sports Safety

Coastal Motorcycle 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 riding and training.
- Promoting the use of protective equipment including helmet, body armour, neck guard, motocross boots, suitable motocross clothing and boots.

- Providing First Aiders at all events.
- Encouraging all riders with a prior or current injury to seek professional advice from a sports medicine professional and be fully rehabilitated before returning to ride.

Healthy Eating

Coastal Motorcycle 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 Australian Adults are available.

Non compliance strategy

The following four step non-compliance strategy will be followed if anyone breaches the Coastal Motorcycle Club's healthy club policy.

1. Assume that the person is unaware of the policy.
2. A staff member or club representative will approach the person breaching the policy and ask them to refrain from the behaviour and remind them about the policy.
3. If an offence continues (i.e. someone continues to smoke in a smoke free area or is intoxicated.)
4. The most senior staff member will verbally warn them again and hand over a formally written letter. The letter will outline the healthy club policy and state that if the persons continues the behaviour they will be asked to leave.
5. If the offence does continue then the patron will be escorted out of the facility by staff and/or a senior club representative.

Policy Review

This policy will be reviewed six months after its introduction and then on annual basis thereafter. This will ensure that the policy remains current and practical.

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.

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

Thank you for your co-operation.

Cindy Collis

10th January 2009

President

Date

