

Fremantle Cockburn Hockey Club

Healthy Club Policy



Sport Safety

Fremantle Cockburn Hockey Club encourages all members to adopt practices that seek to prevent injury by:

- Promoting the use of protective equipment including body padding, mouthguards, suitable clothing and footwear.
- Providing safe playing surfaces, first aid equipment, and accredited First Aiders or sports trainers at all competition matches and training sessions.
- Ensuring adequate public liability and player insurance to all members.
- Implementing the Fremantle Cockburn Junior Hockey Club **Sport Safe Plan** (see Appendix 1). This includes implementation of the **Fair Play Codes for Children in Sport**, and also provision for coaches to be informed of any illness a child may have that could affect his/her health adversely through participation in games or training.

Alcohol

Fremantle Cockburn Hockey Club will promote the responsible use of alcohol by implementing the **Fremantle Cockburn Hockey Club Safe Alcohol Serving Policy** (see Appendix 2).

This includes:

- Discouraging excessive or rapid consumption of alcohol e.g., Happy Hours, drinking competitions
- Ensuring that alcohol is not served to anyone who is intoxicated or under the age of eighteen years.
- Promoting low pricing on low and non-alcoholic drinks and providing free unbottled water.
- Providing responsible server training for staff and volunteers who serve alcoholic drinks.
- Actively promoting responsible alcohol use through the provision of responsible role models for junior players through the behaviour of coaches, parents, club officials and other influential adults.

Smoking

Fremantle Cockburn Hockey Club recognizes that smoking and passive smoking are hazardous to health and ensures a smoke free environment by:

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

Other Drugs

The use of illicit drugs or performance enhancing drugs is not permitted by any Fremantle Cockburn Hockey Club member or patron.

Sun Protection

Fremantle Cockburn Hockey Club takes all reasonable steps to address sun safe practices by, where possible:

- Scheduling activities outside the hours of 10.30a.m. to 2.30 p.m.
- Making maximum use of existing shade facilities.
- Following the Cancer Foundation of Western Australia guidelines for SunSmart clothing, use of sunscreen and wearing of hats.

Healthy Food Choices

Fremantle Cockburn Hockey Club recognizes the importance of good nutrition for sports performance by:

- Providing adequate information on good nutrition and sports performance.
- Ensuring when food is provided, healthy alternatives are available.

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

Breaches of 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.