



ROCKHAMPTON NETBALL ASSOCIATION INC.

POLICY **Health & Safety**

Policy Name **H&S 000 - Healthy Association Policy**

Version Control

09/12/2016	Draft Version 2	L. Friske
9/3/2017	Endorsed	Management

Rationale:

Living a healthy lifestyle is important to the health and wellbeing of members of the Rockhampton Netball Association Inc.

Aim:

The Rockhampton Netball Association aims to provide a healthy environment for its members, participants and visitors as well as actively promoting the benefits of a healthy lifestyle.

Our Commitment:

Where possible, Rockhampton Netball Association will take responsible steps that will address the following health risks:

Smoking:

Rockhampton Netball Association recognises that smoking and passive smoking are hazardous to health. In accordance to the Queensland Government Tobacco and Other Smoking Products Act 1998, from 1 September 2016, smoking is banned within 10 metres of viewing and playing areas at organised under-18 sporting events. The ban also applies during training and at any intervals or breaks in play.

We will ensure a smoke free environment by:

- ensuring all areas of the association's facilities including; the change rooms, offices, canteen, courts and spectator areas and all association's functions are smoke free
- Not selling tobacco products on the premises
- Prominently displaying non-smoking signage

(See RNA Smoke Free Policy: Health & Safety_002)

Alcohol:

Rockhampton Netball Association will promote the responsible adult use of alcohol by:

- discouraging excessive or rapid consumption of alcohol eg happy hours, drinking competitions
- ensuring alcohol is not served to any person who is intoxicated or under the age of 18 years
- banning the consumption of alcohol during junior events and activities

(See RNA Alcohol Policy – Health & Safety_003)

Other Drugs:

Rockhampton Netball Association 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.

Therefore,

- the use of illicit drugs and non-prescription performance enhancing drugs is not permitted by any association members or patrons.

Sun Protection:

Rockhampton Netball Association will take all reasonable steps, where possible, to address sun safe practices by:

- where possible, scheduling activities outside the hours of 10am to 3pm
- making maximum use of existing shade facilities
- promoting sun safe behaviour to members to visitors

(See RNA SunSafe Policy – Health & Safety_004)

Sport Safety:

Rockhampton Netball Association encourages all members, including affiliated member clubs, 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 and footwear where necessary
- providing a safe playing environment, first aid equipment and where practical accredited first aiders at training sessions and competition matches
- 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:

Rockhampton Netball Association recognises the importance of good nutrition for sports performance by:

- where practical when food is provided, healthy alternatives, in accordance with the Dietary Guidelines for Australians, are available.
- promoting good nutrition and healthy eating messages.

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

Responsibility:

All association members, committee members, casual, permanent and contract staff, affiliated member clubs, volunteers, parents and players are responsible for adhering to this policy.

Evaluation and Review:

This policy will be reviewed by the Management Committee as part of the annual policy review prior to the start of each season.